

BBC

October 2020
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goodfood

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Middle East

CELEBRATE *with cake*

It's our 13th Birthday!

**Ghoulish
Halloween
treats**

SEASONAL EATING

- * Butternut squash, sausage, spinach & mushroom pasta bake
- * BBQ lamb doner kebab

Courgette, lemon and thyme cake

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Welcome to October!

It's our 13th birthday! I remember my days as Assistant Editor at *BBC Good Food ME*, nearly a decade ago, and am so incredibly proud of our journey and how much we've evolved. Of course, we wouldn't be here if it wasn't for your continued love and support, so thank you for trusting us as your source for seriously good food. And since it's our birthday, what better way to celebrate than with our cover star, the Harvest Showstopper (page 42) that makes use of fresh produce.



Keeping with the seasonal theme, the simple and versatile squash is in the spotlight, with a selection of hearty recipes on page 38. As a weekend activity, try making homemade fruit leather (page 30) or Tom Kerridge's DIY kebab shop menu (page 32), to bring the doner experience to your table. If you rather leave weekend cooking to the experts, take a look at our Brunch Guide supplement for the best spots to reserve a table at.

Halloween is just around the corner and children will enjoy making sweet and spooky ghoulish treats – from eyeball fruit punch to surprise truffles and slime pies (page 45). Meanwhile, our selection of steak suppers, comfort food, nutritious meals and wholesome batch-cooking recipes will keep you inspired and satisfied until next month.

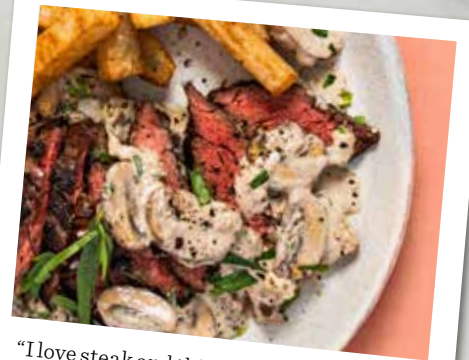
Enjoy cooking!

Nicola Monteath
Editor

WHAT WE'RE LOVING!



Liz Smyth says: "Looking for an easy but enticing meal? Try this slow-roast squash with garlic lentils & harissa yogurt."



"I love steak and this Bavette with chips, tarragon & mushroom sauce is one to try!" says graphic designer, Froilan.



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Escape to Renaissance Downtown Dubai for the ultimate city stay.



Our recipe descriptions

V Suitable for vegetarians.

❄️ You can freeze it.

❄️❌ Not suitable for freezing.

Easy Simple recipes even beginners can make.

A little effort These require a bit more skill and confidence – such as making pastry.

More of a challenge Recipes aimed at experienced cooks.

Low fat 12g or less per portion.

Low cal 500 calories or less per main.

Superhealthy Low in saturated fat, 5g or less per portion; low in salt, 1.5g or less; and at least one of the following: provides one-third or more of your daily requirement of fibre, iron, calcium, folic acid and/or vitamin C, or counts at least one portion of your recommended 5-a-day fruit and veg.

Good for you Low in saturated fat, low in salt.

Heart healthy Low in saturated fat, with 5g or less, and low in salt, with 1.5g or less, and high in omega-3 fatty acids.

1 of 5-a-day The number of portions of fruit and/or veg contained in a serving.

Vit C **Iron** **Omega-3** **Calcium** **Folate** **Fibre**

Indicating recipes that are good sources of useful nutrients.

GLUTEN FREE Indicates a recipe is free from gluten.

Some recipes contain pork. They are clearly marked and are for non-Muslims only. Look for this symbol:

P Contains pork.

gf YOUR SAY

We love hearing from you!

BBC gf star letter



First of all, I am in the food and beverage industry - in the front of house. However, I love cooking and getting inspired by different recipes. The main recipes that stood out in last month's edition are the Taco and Pavlova ones. I can't wait to try them out! As I am always after a great culinary experience at a discounted price, I liked the affordable family meals too. Lastly, but more importantly, the quick recipes and especially the Microwaved Peanut butter and Jam brownies were my favourite. I work all the time so I need quick and easy recipes and can't wait to try more of these.

Ross Horwitz



Of late, I guess the greatest challenge has been to devise meal plans creatively, with children doing online schooling and adults working from home too. The most enjoyable (and equally useful) feature according

to me is the Under 20 minutes' recipes section, which aside from being super versatile and low-maintenance, manages to provide ideas that, with a few tweaks for different members, works for the entire family. Thank you!

Yasra Khoker



What I enjoyed the most is the recipe for the sweet potato cakes with poached eggs. Especially in this time of the pandemic, I am still in search for easy recipes that I can cook at home with ingredients that are

readily available in the pantry. Following the recipe provided, it was easy to cook with just simple ingredients that were enjoyed at the comforts of our home. It was so good! My friends loved it. I don't usually like sweet potato, but the recipe itself made it hard to resist. I am excited for more easy-to-follow recipes.

Denielle Retardo

WIN!

LAKELAND GIFT VOUCHER WORTH AED1,000





Lakeland is the home of creative kitchenware and ideas for around the home. These nifty products make everyday life easier and more enjoyable, whether you're cooking, baking, cleaning, doing the laundry, entertaining, or searching for the perfect gift. The kitchen is the heart of the home, and at Lakeland, you can find everything to help you prepare, serve and store proper homemade food. Household chores are accomplished quickly and without a hassle, with the brand's range of items on hand, each designed to perform brilliantly. Find Lakeland stores at Mall of The Emirates, Dubai Mall, and Dubai Marina Mall

To send in your Star Letter and win this prize, visit the Competitions page on bbcgoodfoodme.com



TALK TO US!

Email us on feedback@bbcgoodfoodme.com with your thoughts and comments, and send us your photos with your copy of BBC Good Food ME!

You can also connect with us on social media! Find us on:     @bbcgoodfoodme

Or, you could write to us at: The Editor, BBC Good Food Middle East, Grosvenor Business Tower, Barsha Heights, Office 804 PO Box 13700, Dubai, UAE.



BUTTER OF EUROPE

FRENCH BUTTER, THE SECRET
TO MAKE THE DIFFERENCE



FINE DINING'S SECRET WEAPON: FRENCH GASTRONOMIC BUTTER

Whether you're smearing it on a toast or sautéing vegetables, butter is a vital ingredient used by celebrated chefs all over the world.

More than 95% of chefs in France and Europe say that butter is essential for cooking and baking, especially for its flavour.

It elevates the flavour of any dish and adds finesse.

Gastronomic dairy butter is excellent when making a sauce: it helps the ingredients' flavour shine, bringing more aroma to the dish compared to vegetable alternatives.

NEWS

ribbles

What's hot and happening in the culinary world, and at stores, in the UAE



COMFORT FOOD



Dubai-based model and humanitarian Jessica Kahaway has joined forces with her mother, Rita to launch Mama Rita, a food delivery concept that focuses on wholesome homecooked meals. The menu, carefully curated by the duo, brings generations of heartwarming home cooking to the public, fusing Middle Eastern, Mediterranean and International cuisine.

Create a mezze-style spread at home by ordering a selection of nutritious appetisers such as Beetroot Hummus the Mama Rita way, served with cucumber and carrot sticks; The Superfood Kale Salad and Rita's homemade shawarma. Pasta lovers can savour The Original Lasagna with a creamy bechamel sauce, while those who prefer rice can relish the Peanut Butter Chicken; an African-inspired dish made with juicy and tender grilled chicken, peanut butter sauce and steamed rice.

Don't forget to order delectable desserts including the warm Knéfe and Mama's Special Carrot Cake; a fluffy creation with hints of pineapple and coconut.

To order, visit mamarita.com.

THE BEST BITES

Nutritious bowls

Apt for breakfast, a snack, or post-gym fuel, the newly launched Tropicool packs feature the finest super fruits of the Brazilian Amazon. The pulps can be used for smoothies or delish superfruit bowls, so get creative and add your favourite toppings of granola, chia, coconut chips, nut butters and more. The açai in particular is packed with antioxidants, helps achieve healthy skin, has anti-ageing properties and boosts energy and immunity. The pulp is also available in mango! For every two Tropicools sold at The Dubai Mall and Cove Beach branches, a tree is planted in the Brazilian Amazon.

Order delivery via Deliveroo, Zomato & Talabat.



Keto goodness

You favourites fall desserts: pumpkin pie, pecan tart and snickerdoodle cinnamon muffins, are now available in keto-friendly options, so you don't have to miss out on these autumn treats. Keto Goodies Dubai has unveiled a seasonal menu that features glazed pecan donuts, tiramisu, chocolate truffles, snickerdoodle cinnamon muffins, pecan tart, homemade jars of peanut butter and blueberry jam, and pumpkin spice cupcakes. All of which are low-carb, sugar-and gluten-free. The special Fall Keto basket includes seven items for AED70, while the basket for two includes 15 items at AED120. The family Fall Keto basket for four people includes a limited-edition range of 24 delicious goodies for AED250. All products are freshly baked right here in the UAE and delivered the very next day.

Visit ketogoodiesdubai.com to shop.



READY FOR FALL

How gorgeous is this Cast iron oval casserole? The colour is bang on trend for autumn (and Halloween!) and sizeable enough for hearty stews, or a roasted butternut squash soup to cosy up with on winter nights.

Dhs499 at *Simply Kitchen*.

IN STORES NOW...

Three new launches to try



New Zealand-based Rangitikei free range chicken has finally arrived in the UAE, offering consumers a taste of fresh protein without preservatives, artificial flavours, colours, GM, hormones and injections. Flown in overnight from New Zealand express to Dubai, in specially designed packaging to retain its freshness, the range includes a whole bird and in-tray pack portions of chicken

breast, thighs, drumsticks and nibbles. The Rangitikei range is backed by the FernMark stamp of quality, used by New Zealand companies around the world.

Available at *Prime Gourmet stores and Park N Shop supermarkets*



Freakin' Healthy has launched a vegan peanut butter protein ball that's free from gluten, GMO and soy. A great snack for children and adults alike, the protein balls are made with roasted peanut butter (created in-house) and 80% raw chocolate that's also made from scratch.

AED12 at major supermarkets, gyms, cinemas and e-commerce platforms. Visit freakinhealthy.com for more information.



Barilla has launched a legume pasta range made with 100% red lentil flour or 100% chickpea flour. Both variants are high in protein and fibre, gluten-free, and boast a mild flavour. Just like regular pasta, it pairs well with meats, vegetables and sauces. Take your

pick from Chickpea Casarecce, Red Lentil Penne and Red Lentil Fusilli. Available at all hyper and supermarkets.

Flavours of the month

Here is what's hot and happening
around town this month

➤ Mami Umami

This new fusion Japanese eatery takes over space previously occupied by Morimoto Dubai and includes a bar and lounge for street-style bites and special concoctions. The menu curated by Executive Chef Carlos Rodríguez is a fusion of Japanese Izakaya and modern Latin American cuisine, with dishes best eaten sharing-style. For appetizers, we highly recommend the chicken gyoza and yuzu-dressed hamachi carpaccio with jalapenos for a spice kick. If you love tuna, the tostada with red onions, jalapenos, cilantro, sour cream and olives is a must-try, as are the tacos with sour cream foam. You can't go wrong with tiger prawns, and here, it arrives on a bed of cilantro rice. Finally, the miso cod alongside additional miso and cilantro sauce is the perfect entrée to accompany the season. Don't miss the homemade brûléed marshmallow over chocolate ice cream, for a decadent ending.
Contact +971 4 512 5555

➤ L'Atelier de Joël Robuchon



The highly anticipated restaurant has finally opened in DIFC. At the helm of the kitchen is Joël Robuchon's protégé, Executive Chef Axel Manes, one of the youngest and most creative chefs to have received a Michelin star. L'Atelier will offer a refined yet informal setting with an open-plan main dining room,

bar and sprawling outdoor terrace. The menu highlights seasonal ingredients selected from over 100 different producers, offering the best of French cuisine. Signature specials include a crispy poached egg with caviar, truffle pizza, dover sole à la plancha, and a selection of fish and vegetarian ceviches and carpaccios - all prepared by the table. The restaurant is also serving business lunch, offering the finest quality products in a lighter edit of dishes.

The three-course business lunch menu is available for AED129. Visit atelier-robuchon.ae

➤ BLK Cab Coffee



Calling all coffee aficionados! Hotfoot to this contemporary café at Dubai Marina Mall to experience the BLK Cab Coffee Brew Bar, where you can select coffee beans and your preferred brewing method for the perfect cup. The café specializes in V60, Aeropress, Syphon and Chemex brewing methods, as well as a

16-hour cold drip that's on display.
Contact +971 56 216 6658



👉 **Clinton St. Baking Company**

Celebrate Canadian Thanksgiving with a single plated turkey dinner, or head to the eatery with friends and family to enjoy the whole bird (for 8-12 people). The single-serving comprises carved roasted turkey, three pieces from the breast and three from the thigh roulade served with creamy mashed potato, homemade gravy, truffle drizzled brussels sprouts, maple glazed carrots, pecan crumb sweet potato, and organic cranberry sauce accompanied by a mini buttermilk biscuit and jalapeño cornbread. And of course, pie to end with. *AED150 per person or AED1,200 for the whole bird, for dine-in and takeaway. Contact +971 4 344 0705.*



👉 **SAID dal 1923**

London's most celebrated Italian chocolate shop SAID, recently opened its' doors at City Walk, serving their famed triple chocolate desserts and hot chocolate with genuine European flair. The cafe offers an indulgent menu that chocoholics won't be able to resist, while the boutique retails dragees, pralines and an assortment of signature chocolate creations, available by the piece or in gift boxes.

Contact +9714 386 6644



👉 **THE WESTIN ABU DHABI GOLF RESORT & SPA**

The renowned Westin Afternoon Tea goes pink this October, to support breast cancer patients. #Pinkafternoontea guests can donate AED20 on top of their bill. In addition to this, Bubblicious brunch-goers can donate the same at Fairways, where a special pink-themed dessert corner has been set up for Breast Cancer Awareness Month. All funds will be contributed to Al Jalila Foundation's Breast Friends program.

Contact +971 2 616 9999.



👉 **Dukes The Palm**

Brunch is back in full swing, and this Spanish Extravaganza is definitely one to try. Grab a plate and get ready to be transported from the dotted skyline of skyscrapers of Dubai to the historic beauty of Barcelona, as you make your way through live cooking stations, sway to upbeat tunes, and tuck into tapas and absolutely delish paella.

Friday and Saturday, from 1-4pm. AED250-425 per person. Contact +97158 889 418.



simply
kitchen

READY TO SHOP?

Simply Kitchen has opened its' doors at Mall of the Emirates





We've gone from baking effortless banana bread to time-consuming Basque cheesecake in a matter of months. If there's one thing we have learned over this extended summer period at home, it's that we have a hidden passion for baking and cooking. And when the time comes, we are ready to hone our culinary skills.

If you are looking to take your dishes to the next level, you might want to invest in new products. Besides, who doesn't want to show off the fruits of their labour on pretty bakeware and crockery? Simply Kitchen recently opened its doors at Mall of the Emirates, offering an extensive range of products and kitchen gadgets to suit your needs.

Launched in 2019 within the LIWA Trading Enterprises portfolio, Simply Kitchen is your one-stop shop for seasonal and on-trend tableware, pans, utensils, food storage and retro-inspired collections including electricals. The store is a homebody's dream - think 50's diner-style popcorn machines and waffle makers alongside a range of vintage-looking kettles and toasters.



The Mall of the Emirates branch of Simply Kitchen is the third store in the UAE, offering customers a contemporary approach to food preparation, cooking and serving, whether for use at home or to be enjoyed whilst out and about.

The brand will be hosting regular in-store demonstrations in partnership with local foodies, influencers and cooking experts, continuing to educate and inspire customers to broaden their culinary skills while creating delicious treats for loved ones.

Tried & tasted

Our top three experiences
this month



KOKO BAY

This newly opened beachfront restaurant at Palm West Beach stems inspiration from the beaches of Seminyak and Canggu. The Bali-inspired venue boasts calming wicker interiors with plenty of greenery for pops of colour. As you walk further in, your eyes meet the Robata grill, and further along the restaurant sprawls onto the terrace where beach loungers and hammocks beckon for those who want to relax, dine al fresco, and enjoy the premises. During the day, lockers and a shower facility are available for beachgoers.

To begin the meal on a breezy evening, my dining partner and I ordered the warm Alaskan crab maki roll featuring crunchy tempura Alaskan crab wrapped in nori, and the Hokkaido scallop ceviche, where pieces of the plump seafood were

complemented by small diced mangoes, balancing out the acidity from the lime juice. We highly recommend the lava prawns, the eatery's take on the renowned dynamite prawns. Cooked to perfection, the crustacean arrives crisp on the outside, tossed in a mild spicy sauce and served on a bed of bean sprouts for added texture. For entrées, I opted for the meaty grilled sea bream served with a bowl of jasmine rice and salad. The fish was perfectly cooked and featured a slightly sweet curry with notes similar to Thai massaman. My dining partner's lemon and herb sea bass with crispy skin was light, yet filling, served alongside a baked potato and corn on the cob.

We couldn't leave without trying the Dropped the lemon tart; an upside-down tart cracked open to make it appear as though it fell onto the plate. Strawberries, scorched crème anglaise and coffee reduction complemented the dish, balancing the tanginess from the citrus. Being a chocoholic, I had to try

the Textures of chocolate dessert; a delectable chocolate cake with chocolate ice cream, that sat on sand made from crumbed chocolate.

Contact +971 4 572 3444.





MOSAICO, PALAZZO VERSACE DUBAI

Hotel lobby lounges have re-opened in the city, but if you're still enjoying the comforts of your home, this Signature Afternoon Tea is not to be missed and makes for a special experience with family and friends.

Now available for takeaway, the spread arrives in a gorgeous three-tiered tray decorated in Versace's signature white and gold colours, with the hotel logo at the front of the box. To make our afternoon setting cosier, we lit a scented candle, played soothing jazz tunes and brought out our finest tea set to brew the Damman Freres four red berries fruity black tea and peppermint herbal fusion.

Hand-crafted creations including our all-time favourite sandwiches with cucumber, cream cheese and chives, and turkey ham and cheese, were the pieces we relished first. Light bites of pumpnickel bread with smoked salmon roulade and

cream cheese; juicy, marinated prawn on toast; and creamy tuna filled buns followed, ending the savoury selection with caviar-topped profiteroles and a creative beef bresaola-wrapped melon ball tied to a brioche frame. The combination of sweet and robust notes from the air-dried meat made this innovative bite remarkable.

Serving as the perfect palate-cleanser were small watermelon and goat cheese cubes. Soon after, we smeared homemade jam and clotted cream onto one scone, and lemon curd on the other, for the quintessential teatime treat. As we moved further down the tier, we were treated to macarons and signature specials such as a decadent chocolate cake. The carrot cake was one of my favourites from the assortment. My partner, on the other hand, savoured the cream-laden berry treat, and airy strawberry cake slices, amongst other fruity artsy confectionaries.

If you are looking to treat someone special at home, or even surprise a loved one, we highly recommend this teatime experience.

AED300 for two, contact +9714 556 8805 or e-mail dining@palazzoversace.ae.





SILVER FERN FARMS GRASS-FED MEAT

Founded in 1948, Silver Fern Farms have established themselves as New Zealand's leading procurer and exporter of premium quality beef and lamb. Their sustainable chain of care is fundamental to the way they produce their meat and is the reason why it is one of the world's most sustainable grass-fed red meat companies. Equipped with an assortment from the brand, I was ready to whip up some delicious dishes in the kitchen.

PUTTING THE BEEF TO THE TEST

There has always been a debate between food critics as to which cut of meat is tastier when it comes to striploin versus ribeye. Ribeye is generally less tender, has more flavour and a bit more punch. However, it is all dependent on what you like.

The striploin steaks from Silver Fern Farms are thick cuts, ideal for pan-frying. Both incredibly tender and full of flavour, they were subsequently devoured with a side of roasted vegetables. As a steak-lover, I do believe the ribeye is the king of all steaks. Similar to the striploin, the ribeye steaks were sizeable cuts of meat, with the abundance of marbling, which provided juiciness. I chose to grill the steaks and was glad I opted not to marinate it, as there was simply no need. Each piece was brimming with flavour, had great texture and the right amount of fat content, which produced a simply phenomenal taste.

THE LAMB CHALLENGE

Finding high-quality lamb can be a task, therefore I was eager to try the extensive range on offer. As a lamb loin lover, I was pleasantly surprised by the size and quality of this meat cut. Deboned and rolled to perfection, it had a thin layer of fat to add moisture, with just enough marbling to accentuate the tenderness of the meat.

Seasoning the cut with salt and pepper, I seared it in a pan with butter, garlic and rosemary, to get a slight char and add aromatic flavour. I then roasted the piece for a further 10 minutes, allowing ample time to rest after, so that the juices reabsorbed into the fibres of the meat. The robust flavour of the loins were absolutely exquisite, so much so, that I did not feel the need to add a sauce to the dish.

Although I tend to opt for shoulder and loin roasts when selecting lamb, I was excited to try out the steaks. Following a recipe from the substantial collection available on the brand's website, I chose to coat the steak with a thin layer of Dijon mustard and topped it with pistachios, breadcrumbs and parsley. After drizzling the meat with olive oil, I baked it for approximately 10 minutes.

This method left me with a succulent medium-rare steak, topped with a golden-crust layer that added to the texture of the meat cut. I relished each bite, satisfied in the thought that I had uncovered a true champion in the lamb product market.

For nutritional benefits of grass-fed beef and lamb, and a full list of stockists, turn to page 17.

easy

Delicious, simple,
and easy-to-
make recipes



midweek meals

■ freeze it page 18



two ways

■ steak supper page 26



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The benefits of grass-fed red meat

Silver Fern Farms animals are raised naturally on open pastures in New Zealand. Explore the nutritional advantages of this beef and lamb and discover why it's a great source of protein for your family

New Zealand boasts ideal conditions for grass-based farming - fertile soils, good amounts of sun and rain, a temperate climate, fresh air and clean water. Therefore, at Silver Fern Farms, animals are raised in a natural, ethical and sustainable manner, producing high-quality, nutritious red meat. Farmers utilise an abundance of rainwater to grow grass and majority of the land used for livestock is unsuitable for crops, making pastoral farming a sustainable alternative.

These animals graze on grass, which makes the meat naturally leaner with less saturated fat and fewer calories. Grass-fed meat contains high levels of omega 3 fatty acids and a healthier omega 3 to 6 ratio. Furthermore, the meat is an excellent source of highly digestible protein and is rich in iron, zinc, selenium, taurine, carnitine, creatine, carnosine, vitamins D, B and B12, to name a few. Vitamin B12 is only found naturally in animal products and is essential for growth and development. Since the meat produces natural marbling, it features yellow-coloured fat derived from beta-

carotene found in grass, which also contains high levels of Vitamin A. The antioxidant-rich meat also contains Vitamin E, known to protect cell health, strengthen your immune system and assist in fighting infections.

Popular health and diet trends such as Keto and Paleo advocate eating only grass-fed red meat as a more nutrient-dense and natural protein source, making it a great addition to your meals. Silver Fern Farms products are minimally processed with no added growth hormones or antibiotics.

A wide range of quality beef and lamb cuts are available to choose from, all of which are lean, trimmed, boneless and expertly vacuum-packed to lock in flavour and retain freshness. Take your pick from steaks, medallions, loin fillets, rump and stir-fry options for lamb. Now that al fresco season is here, fire up the grill and cook tender beef eye fillet steaks, medallions or flat-iron steaks. The assortment also includes a juicy beef brisket with spice rub and ready stir-fry strips for quick, delicious meals.

Available at Prime Gourmet, Carrefour, Lulu Hypermarkets, La Carne, Park N Shop and Kibsons.



100% MADE OF NEW ZEALAND

midweek meals

freeze it

Take a day to batch-cook and fill your freezer with wholesome everyday dinners – plus, these recipes are easily doubled

recipes ESTHER CLARK photographs MIKE ENGLISH

Five-bean chilli

SERVES 4 **PREP** 5 mins
COOK 30 mins **EASY** **V** *****

1½ tbsp rapeseed oil
1 onion, sliced
2 peppers, sliced
2 garlic cloves, crushed
1 tbsp ground cumin
1 tbsp ground coriander
2 tsp hot smoked paprika
400g can chopped tomatoes
400g can mixed beans, drained
400g can black beans, drained
pinch of sugar
250g brown rice
½ small bunch coriander,
chopped
soured cream or guacamole,
to serve (optional)

1 Heat the oil in a casserole dish and fry the onion and peppers for 10 mins over a medium heat until the onion is golden brown. Add the garlic and spices, and fry for 1 min. Pour in the tomatoes, both cans of beans, 50ml water, then add the sugar and season. Simmer, stirring regularly, for 15–20 mins until thickened.
2 Meanwhile, cook the rice following pack instructions. Serve the chilli on the rice and scatter over the coriander. Top with a spoonful of soured cream, or guacamole, if you like.

GOOD TO KNOW vegan • healthy • low fat • low cal • fibre • vit c • iron • 3 of 5-a-day
PER SERVING 439 kcal • fat 8g • saturates 1g • carbs 69g • sugars 10g • fibre 14g • protein 16g • salt 0.04g

gf tip

To reheat, defrost thoroughly, then put in a pan over a medium heat for 10 mins or until piping hot.





Coconut & kale fish curry

SERVES 4 **PREP** 10 mins

COOK 35 mins **EASY** ✨

1 tbsp rapeseed oil
 1 onion, sliced
 thumb-sized piece of ginger, sliced into matchsticks
 1 tsp turmeric
 3-4 tbsp mild curry paste (Keralan works well)
 150g cherry tomatoes, halved
 150g kale, chopped
 1 red chilli, halved
 325ml low-fat coconut milk
 300ml low-salt stock
 250g brown rice
 100g frozen king prawns
 2 cod fillets, cut into chunks
 2 limes, juiced
 ½ small bunch coriander, chopped
 handful of toasted coconut flakes (optional)

1 Heat the oil in a casserole dish. Cook the onion with a pinch of salt for 10 mins until it starts to caramelise. Stir through the ginger, turmeric and curry paste, and cook for 2 mins.

2 Add the tomatoes, kale and chilli, then pour in the coconut milk and stock. Simmer for 10-15 mins or until the tomatoes begin to soften. Scoop out the chilli and discard.

3 Cook the rice following pack instructions. Gently stir the prawns and cod through the curry, and cook for another 3-5 mins. Add the lime juice and stir through half of the coriander. Divide between bowls, and scatter over the remaining coriander and the coconut flakes, if using. Serve with the rice.

GOOD TO KNOW balanced • low cal • fibre • vit c • iron • 1 of 5-a-day

PER SERVING 465 kcals • fat 15g • saturates 6g • carbs 52g • sugars 7g • fibre 6g • protein 28g • salt 1.5g

gf tip

To reheat, defrost thoroughly, then put in a pan over a medium heat for 10 mins or until piping hot.



Smoky tomato, chipotle & charred corn soup

SERVES 4 **PREP** 10 mins
COOK 30 mins **EASY** **V** *****

1 tbsp rapeseed oil
1 onion, finely chopped
2 garlic cloves, chopped
2 tsp ground coriander
small bunch of coriander, stalks chopped and leaves left whole
400g can chopped tomatoes
600ml vegetable stock
1-1½ tbsp chipotle chilli paste
2 corn on the cobs

50g feta, crumbled (or use vegetarian feta)
4 tbsp fat-free Greek yogurt

1 Heat the oil in a casserole dish and fry the onion for 10 mins until beginning to soften. Add the garlic, ground coriander and coriander stalks, and cook for 1 min. Stir through the tomatoes, stock and chipotle and bring to a simmer. Cook, covered, over a low heat for 20 mins, stirring occasionally.
2 Meanwhile, bring a pan of water to the boil and cook the corn for 4 mins. Drain and leave to cool

a little. Cut the kernels off the cob with a sharp knife. Heat a non-stick frying pan over a high heat. Add the corn and fry for 5-7 mins or until charred, stirring now and again.

3 Ladle the soup into bowls. Top with the feta, yogurt, charred corn and coriander leaves.

GOOD TO KNOW healthy • low fat • low cal • fibre • 2 of 5-a-day


PER SERVING 185 kcals • fat 7g • saturates 2g • carbs 16g • sugars 11g • fibre 6g • protein 11g • salt 0.8g

gf tip

To reheat, defrost thoroughly, then put in a pan over a low heat for 8 mins or until piping hot.



Cheat's beetroot biryani

SERVES 4 **PREP 10 mins**
COOK 55 mins **EASY** **V** 

3 large (500g unprepped), raw beetroot, peeled and cut into 2cm cubes
 2 tbsp rapeseed oil
 1 large onion, finely sliced
 thumb-sized piece of ginger, grated
 2 small garlic cloves, crushed
 1 bay leaf
 4 cardamom pods
 2 tsp turmeric
 2 tbsp garam masala
 250g basmati rice, rinsed
 500ml low-salt veg stock
 100ml fat-free yogurt
 small bunch of coriander
 lime pickle or your favourite chutney, to serve (optional)

1 Heat the oven to 200C/180C fan/gas 6. Toss the beetroot with half the oil and some seasoning, then tip into a roasting dish and cook for 25-30 mins, tossing halfway through, until tender.

2 Meanwhile, heat the remaining oil in a large, shallow casserole dish or ovenproof frying pan. Fry the onion over a medium heat for 10 mins until golden. Add the ginger and half the garlic, and cook for 1 min. Stir through the bay, cardamom pods, turmeric and garam masala, then cook for 2 mins. Stir in the rice and beetroot, then season. Pour in the stock and bring to the boil.

3 Put in the oven, uncovered, and cook for 20-25 mins until the rice is cooked through. Give it a stir when it's out of the oven.

4 Put the yogurt, coriander and remaining garlic in a food processor and whizz until smooth. Season to taste. Serve the biryani with the coriander yogurt and lime pickle.

GOOD TO KNOW balanced • low fat • low cal • iron • 2 of 5-a-day

PER SERVING 366 kcals • fat 8g • saturates 1g • carbs 66g • sugars 12g • fibre 5g • protein 11g • salt 1.1g

gf tip

To reheat, defrost thoroughly, then put in a pan over a medium heat for 10-15 mins or until piping hot.





Spiced lamb meatball stew

gf tip

To reheat, defrost thoroughly, then put in a pan over a medium heat for 10-12 mins or until the meatballs are piping hot all the way through.

SERVES 4 **PREP 10 mins**
COOK 30 mins **EASY** ✨

1 tbsp oil
12 shop-bought lamb meatballs
1 onion, sliced
2 large garlic cloves, crushed
2 tsp ground cumin
1 tsp ground coriander
½ tsp ground cinnamon
1 tbsp rose harrisa
400g can chopped tomatoes
200ml low-salt stock (lamb or beef)
2 x 400g cans chickpeas
small bunch of parsley, finely chopped
½ small bunch of mint, chopped
50g pomegranate seeds

- 1 Heat the oil in a large, shallow casserole dish or deep frying pan. Add the meatballs and fry for 3-4 mins, turning regularly, until golden. Remove and set aside.
- 2 Tip the onion into the pan and fry for 7 mins until softened. Stir through the garlic cumin, coriander and cinnamon, and cook for 1 min. Add the harissa, tomatoes and stock, and bring to a simmer. Stir through the chickpeas and meatballs, season and simmer for a further 10-15 mins until slightly reduced and the meatballs are cooked through.
- 3 Stir through half the herbs, then scatter the rest on top along with the pomegranate seeds.

GOOD TO KNOW balanced • low cal • fibre • vit c • iron • 2 of 5-a-day

PER SERVING 454 kcal • fat 21g • saturates 6g • carbs 35g • sugars 9g • fibre 11g • protein 26g • salt 1g



gf tip

To reheat, defrost thoroughly and put in the oven, covered with foil, at 200C/180C fan/gas 6 for 20-25 mins or until piping hot all the way through.

Baked chicken arrabiatta

SERVES 4 PREP 15 mins

COOK 1 hr EASY ✨

1 tbsp oil
 4 skin-on chicken legs
 1 red onion, sliced
 1 red pepper, deseeded and sliced
 1 heaped tsp chilli flakes
 2 large garlic cloves, crushed
 200ml non-alcoholic white wine
 2 x 400g cans cherry tomatoes
 3 oregano sprigs, plus a few leaves to serve
 150ml chicken stock
 200g fresh spinach
 pinch of sugar
 300g pasta

1 Heat the oven to 200C/180C fan/gas 6. Heat the oil in a non-stick frying pan over a high heat. Season the chicken and fry, skin-side down,

for 5 mins until golden brown. Remove and set aside.

2 Tip the onion and pepper into the pan and fry for 10 mins until softened. Add the chilli and garlic, and fry for another minute. Pour in the non-alcoholic wine, then simmer for a few minutes until the liquid is reduced by half. Tip in the tomatoes, oregano, stock, spinach and sugar. Bring to a simmer and cook for 10 mins. Season.

3 Pour the sauce into a medium roasting tin. Nestle in the chicken and bake for 35-40 mins until cooked through. Meanwhile, cook the pasta following pack instructions. Scatter the oregano leaves over the chicken and serve with the pasta.

GOOD TO KNOW healthy • folate • fibre • vit c • iron • 3 of 5-a-day

PER SERVING 589 kcal • fat 17g • saturates 4g • carbs 62g • sugars 14g • fibre 9g • protein 36g • salt 0.5g



Creamy leek, pesto & squash pie

SERVES 2 **PREP 15 mins**
COOK 50 mins **EASY** **V** *****

- 300g squash, peeled and chopped
- 2 tbsp rapeseed oil
- 2 large leeks, sliced
- 3-4 tbsp fresh pesto (use vegetarian pesto if needed)
- 400g can cannellini beans, rinsed
- 200ml low-salt chicken or vegetable stock
- 2 tbsp half-fat crème fraîche
- ½ x 250g pack filo pastry
- 1 egg, lightly beaten
- 150g mixed salad leaves, drizzled with olive oil (optional), to serve

1 Heat the oven to 200C/180C fan/gas 6. Toss the squash with half the

oil and some seasoning in a roasting tin. Roast for 25-30 mins until just tender, tossing halfway through.

2 Meanwhile, heat the remaining oil in a non-stick frying pan and fry the leeks with a pinch of salt for 5 mins until beginning to soften. Stir through the pesto, beans and stock, then bring to a simmer and cook for 5 mins. Stir through the crème fraîche and squash, then spoon into a 26 x 18 x 5cm baking dish. Scrunch up the filo pastry and arrange on top of the filling. Brush with the egg and bake for 20 mins or until golden brown. Serve with the mixed salad leaves on the side, if you like.

GOOD TO KNOW healthy • calcium • folate • fibre • 4 of 5-a-day

PER SERVING 660 kcals • fat 30g • saturates 5g • carbs 67g • sugars 13g • fibre 17g • protein 22g • salt 1.4g

gf tip

To reheat, defrost thoroughly, then put in the oven at 200C/180C fan/gas 6 for about 20 mins until piping hot.



It's Restaurant Month at JW Marriott Marquis Dubai

Embark on a culinary journey through the iconic hotel's diverse selection of restaurants

From October 1st to 31st, diners can relish seasonal flavours and specially curated menus of up to three courses, across eight award-winning restaurants. For a casual bite, hotfoot to the international buffet restaurant Kitchen6, or choose between Positano or La Farine for European cuisine ranging from oven-baked pizza to pastas that hail from the Italian coast. The terraces at Bridgewater Tavern and Café Artois beckon and offer the perfect al fresco spot for pub grub with views of the Dubai Canal. The special casual dining menus are priced at AED89.

For a fine-dining experience, explore street food culture, authentic curries and stir-fried noodles from the Far East at Tong Thai. Alternatively, Izakaya serves freshly prepared sushi in a refined, yet slightly edgy setting, while Prime68 showcases supreme quality grain-fed steaks and exquisite tartars at lofty heights. The signature restaurant menus are priced at AED195 during Restaurant Month.

WHAT'S NEW AT THE DESTINATION OF EXCEPTIONAL TASTE?

WANDERLUST RETURNS

This highly anticipated brunch is back, featuring over ten live stations including a comprehensive Japanese selection and a variety of beverages. The Wanderlust brunch will satisfy even the most restless foodies looking for an epicurean adventure.

Every Friday, from 1-4pm. AED 425 including house beverages.

BACKYARD BRUNCH

New to the brunch game is Bridgewater Tavern, ideal for a relaxed afternoon with sharing platters of comfort food and upbeat live entertainment. The brunch launches on October 16.

Every Friday, from 1-4pm. AED 195 (soft beverages) and AED 360 (house beverages).

HALLOWEEN (TEASER)

Celebrate the occasion at three spook-tacular venues and get a chance to win amazing prizes such as a staycation worth AED 50,000!

October 30th. An a la carte menu will be available at Vault from 5pm to 3am. Wanderlust brunch and Bridgewater Tavern will be hosting a Halloween-edition too.

two ways

steak supper

Two members of the *Good Food* team share their favourite version of a classic, and tell us what makes it so special

recipes KEITH KENDRICK *and* BARNEY DESMAZERY *photographs* NEIL WATSON



Keith Kendrick

I make bavette steak for my dad, and I'm looking forward to the day when my teenagers can be bothered enough to make it for me. Also called flank, it is a beautiful piece of meat from the abdominal muscles of the animal. This makes it tougher and chewier than the classic 'prime' cuts, such as fillet, sirloin and rib-eye, so careful cooking and carving is needed. However, the reward is huge, beefy flavour.

Bavette is also a great option, and usually a budget buy, so it's a good choice for families.

The first time I cooked it was on holiday in France. My kids loved it so much, I now cook it at home for them regularly.

Make this budget-friendly steak supper extra-special with tarragon & mushroom sauce.

Add flavour to otherwise bland beef with a homemade ancho chilli spice rub.



Barney Desmazery

A prime cut like sirloin is the ultimate meat-eater's treat.

It's best to cook single steaks individually, so you can give them the care and attention they need.

Some supermarket beef can be a bit bland, as it usually hasn't been aged. A spice rub gives it a much-needed flavour boost.

To stretch this steak out to feed three or four, finely slice it and serve it in tacos with lots of veg and toppings. The spice mix also works well with chicken, and you could even cook the steak in the back garden on a barbecue, if the weather's nice.

If you like, slice up the steak and use it to fill tacos or mix it through a salad.

Bavette steak with chips, tarragon & mushroom sauce & watercress salad

SERVES 4 **PREP 30 mins**
COOK 50 mins **EASY**

1kg bavette steak, trimmed (ask your butcher to do this)
1 tbsp sea salt flakes
2 tbsp sunflower oil
small bunch of watercress, to serve

For the chips

4 large floury potatoes (we used Maris Piper), cut into 1.5cm-thick chips
sunflower oil, for deep-frying

For the tarragon & mushroom sauce

knob of butter, for frying
2 shallots, peeled and finely chopped
1 garlic clove, crushed
250g chestnut mushrooms, finely sliced
200ml double cream
small pack of tarragon, leaves picked and chopped, stems reserved

1 Remove the steak from the fridge at least 1 hr before cooking and let it come to room temperature. The steak should have an even 1cm thickness, so lightly bash any thicker areas with a meat hammer

or rolling pin. Scatter the salt over both sides of the steak and set aside.

2 To prepare the chips, bring a large pan of water to a simmer and cook them for about 5-10 mins. Test with a fork after 5 mins – they should be very tender with slightly rough edges. If they're not yet ready, cook for the remaining time and check again. Carefully transfer to a wire rack using a slotted spoon and leave to steam-dry. You want them to be as dry as possible before frying.

3 Next, make the sauce. Melt the butter in a small frying pan until foaming, then fry the shallots and garlic until soft, around 5 mins. Add the mushrooms and cook for 1-2 mins more until they release some of their moisture. While the veg is cooking, bring the cream and tarragon stems to a simmer in a small pan, then pour through a sieve into the pan with the mushroom mixture. Stir, then reduce the heat and continue to cook the sauce until slightly thickened and smooth. Remove from the heat and set aside.

4 To fry the chips, tip the oil into a deep pan, making sure the pan is no more than two-thirds full, and ideally with a frying basket. Heat the oil to 180C. If you don't have a thermometer, you can check the temperature by dropping in

one of the chips – if it sizzles immediately, it's ready. Deep-fry the chips in batches, making sure you don't overcrowd the pan, for 5-6 mins per batch until golden and crisp at the edges. Tip out of the frying basket onto kitchen paper (or remove with a slotted spoon) and leave to drain. Keep warm in a low oven while you cook the steak.

5 Heat a heavy-bottomed frying pan over a high heat until smoking hot. Pat the steak dry with kitchen paper (the salt will have drawn out some moisture), then rub with the oil. Cook for 3-4 mins on each side for medium-rare, or until cooked to your liking. Transfer to a board or plate and leave to rest – keep warm by covering with foil. Pour any resting juices into the sauce.

6 Reheat the sauce, then, using a very sharp knife, carve the steak across the grain into 1-2cm slices (or four equal steaks, if you prefer). Drizzle the sauce over the steak, scatter over the tarragon leaves, and serve with the chips and watercress on the side.

GOOD TO KNOW folate · fibre · iron · 1 of 5-a-day
· gluten free
PER SERVING 1066 kJ · fat 66g · saturates 27g
· carbs 56g · sugars 3g · fibre 6g · protein 60g · salt 2.3g

Ancho steak & chimichurri buttered sweetcorn

This is ideal for a special occasion, but I also make it for myself when I'm home alone. What I like about it most is that the leftover steak can be thinly sliced and used to fill tacos, and any leftover sweetcorn can be taken off the cob and turned into a salsa.

SERVES 1 **PREP 20 mins plus at least 30 mins marinating** **COOK 20 mins**
EASY

½ tsp ancho chilli powder or normal chilli powder
½ tsp ground cumin
¼ tsp ground coriander

¼ tsp dried oregano
1 tbsp olive oil
200g sirloin steak
1 tsp cider vinegar
small handful of parsley, leaves picked and finely chopped
2 tbsp butter, softened
1 corn on the cob, husk removed
cooked oven chips and green beans (we used mangetout), to serve

1 Mix the chilli powder, cumin, coriander and oregano together with a good grind of black pepper and a pinch of salt. Rub the oil over the steak, then rub with half the spice mix. Set aside to marinate for 30 mins. Meanwhile, combine the remaining spice mix with the

vinegar, parsley and butter, and set aside.

2 Heat a griddle pan over a high heat, then cook the steak for 3 mins on each side for rare, 4 mins for medium-rare or 5 mins for well done. Transfer to a board or plate and leave to rest. Meanwhile, griddle the corn, turning, until lightly charred on all sides. Spoon half of the flavoured butter over the steak, then use the rest to baste the corn. Season the chips with sea salt, if you have it, then serve with the steak, corn and some green beans.

GOOD TO KNOW folate · vit c · iron · 1 of 5-a-day
· gluten free
PER SERVING 801 kJ · fat 60g · saturates 27g · carbs 12g · sugars 3g · fibre 4g · protein 52g · salt 1.5g

WEEKEND

Mouthwatering dishes to dig into with your family and friends over the weekend.



HOW TO MAKE IT

Homemade fruit snack, p30



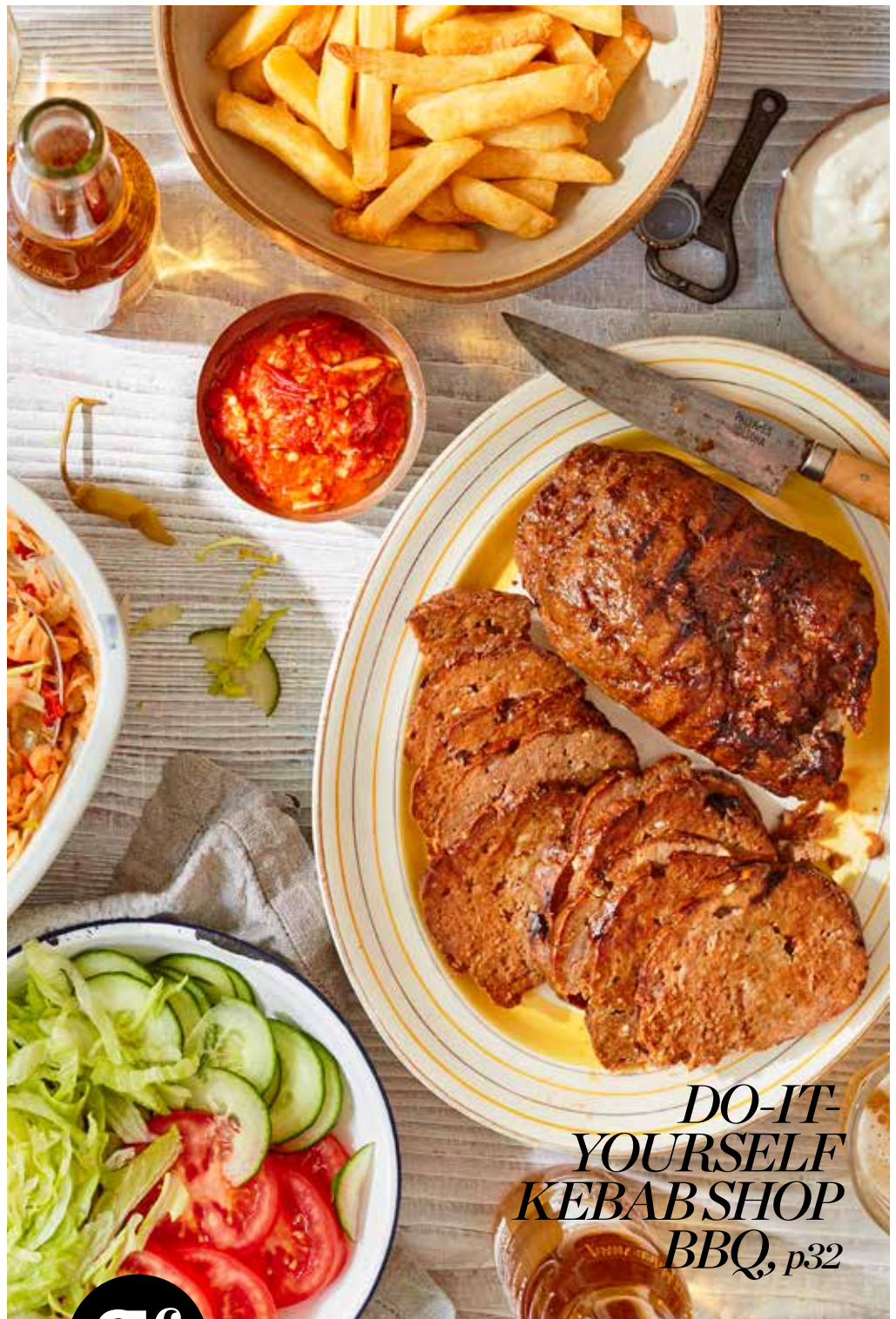
ROSIE'S SEASONAL STARS

Sweet and sublime squash, p38



CAKE CLUB

Harvest showstopper, p42



**DO-IT-YOURSELF
KEBAB SHOP
BBQ, p32**



HOW TO MAKE IT

HOMEMADE FRUIT SNACK

Good Food's **Miriam Nice** takes on a fruity project, while **Emma Crawforth** of *Gardeners' World* explains how to prepare for autumn

Fruit leather

This month, I gave fruit leather a go – it's a project I've never tried. I assumed I'd need a dehydrator, but this recipe is simple to follow. I made mine with blackberries – it's a fabulous way to deal with a glut. The result is a chewy, intensely fruity snack.

MAKES 1 large sheet (about 10 strips)

PREP 10 mins **COOK** 3-6 hrs

MORE EFFORT **V**

400g fresh or frozen strawberries or blackberries (defrosted if frozen), any stalks removed

1 dessert apple, cored and cut into chunks

1 Tip the berries and apple into a saucepan. Cover and cook over a low heat until the berries start to break down and release their juices and the apple is soft – how long this process takes will depend on the type and ripeness of the fruit.

2 Remove from the heat. Tip the fruit mixture into a food processor and blitz to a purée, then use the back of a spoon to push the mixture through a sieve into a clean pan. Discard the seeds left in the sieve.

3 Put the pan over a low heat and cook, stirring occasionally, until the purée has thickened – you should be able to drag a spoon over the base of the pan and leave a clear trail that remains for a few seconds.

4 Heat the oven to its lowest setting. Pour the purée over a baking sheet lined with baking parchment or a silicone baking mat, and spread out to a thin layer that remains opaque.

5 Bake for 3 hrs, or until the surface is no longer tacky but the leather is still flexible (don't overcook it or it will become brittle). Depending on your oven, the drying process could take up to 6 hrs, so check it often. Alternatively, use a dehydrator, if you have one, following the manufacturer instructions.

6 Leave to cool until just warm, then peel away the parchment. Trim the edges, roll up the fruit leather and cut into sections before unrolling into strips. Wrap the strips individually. *Will keep in an airtight container for up to one month.* Enjoy as a snack, or see tip, right, for more ideas.

GOOD TO KNOW vegan • low fat • vit c • gluten free
PER STRIP (10) 20 kcals • fat 0.2g • saturates none
• carbs 3g • sugars 3g • fibre 2g • protein 0.3g • salt none

gf tip

OTHER FRUITS

Try this recipe with any fruit that can be cooked to a pulp, such as berries, pears, pineapple and mango. It takes a good amount of fruit to make a batch, so it's more cost-effective when the fruit is in season. It doesn't need added sugar, but you can add spices for flavour.

&

HOW TO USE IT

It's lovely as is for snacking, but fruit leather can also be finely chopped and scattered over muesli or granola with yogurt, or cut into neat squares for a chic mocktail garnish.

🔍

Find more fruity snack ideas at bbcgoodfoodme.com



Berry photograph GETTY IMAGES/PHOTOLOGY1071



Miriam is a presenter on the BBC Good Food Podcast. Listen at bbcgoodfood.com/podcast or download at Acast, Spotify, iTunes or other podcast streaming services.
@miriamjsnice

Emma Crawforth is a qualified horticulturalist, trained at the Royal Botanic Gardens, Kew, and is the gardening editor for *BBC Gardeners' World*.
@emma_crawforth



GROW IT

BLACKBERRIES

You can shop for these or try growing your own if you can. Train the canes on supports, and cut each to the ground after it's fruited. Pick ripe berries every three days (they will come away from the bush with an edible core inside). Eat while fresh.

SQUASH

Summer squashes need an open, sunny spot, fertile soil and plenty of water. Harvest the fruits young: they'll be tastier, and removing them from the plant will encourage it to produce more. If you want to eat the flowers, choose male ones (without a tiny fruit growing behind them).

SWEETCORN

Unusually among homegrown veg, sweetcorn is wind-pollinated, so plant it in blocks to improve pollination efficiency. Check the corn for ripeness as soon as the tassels turn brown by peeling back the husk a little and piercing a kernel with your nail – the juice should be milky, not clear.

WHAT TO DO IN THE GARDEN

- Ripen pumpkins by standing them on bricks while the sun hardens their skins.
- Pull earth around the stems of Brussels sprouts to help them withstand the weather.
- Cut down the stems of maincrop potatoes, and start harvesting by digging them up and allowing the skins to dry on the soil for a couple of hours before storing.
- Sow oriental salad leaves on a windowsill to harvest.
- Pot herbs to bring indoors and prolong the cropping season.

TOM KERRIDGE

DO-IT-YOURSELF KEBAB SHOP BBQ

BBC chef and Good Food Podcast host **Tom Kerridge** reveals how to make a fakeaway doner, with sides

photographs, food and prop styling STUART OVENDEN

The foods I've really missed over the last few months aren't the ones I would have expected to miss. I don't know if I was seeking comfort or trying to trigger happy memories, but I had a massive hankering for things like kebabs. So, there was only one thing for it: make my own! I've never hidden my love for takeaways – there's a reason why kebabs are so popular, and that's because they're packed with flavour. And, when done properly (and when you can account for everything that's been put into them, and how they've been made), they can be outstanding. The white chocolate & pistachio cheesecake makes the perfect final course. Tom



Tom Kerridge is a BBC presenter and chef-owner of The Hand and Flowers, The Coach and The Butcher's Tap in Marlow, Kerridge's Bar & Grill at The Corinthia Hotel, London, and The Bull & Bear in Manchester. Listen to the Good Food Podcast to hear Tom talk to host Orlando Murrin about recipes and cooking tips. It's released each Wednesday, with a bonus recipe cookalong on the following Saturday. Listen at bbcgoodfood.com/podcast or download at Acast, Spotify, iTunes or other podcast streaming services. [Twitter](https://twitter.com/ChefTomKerridge) [Instagram](https://www.instagram.com/ChefTomKerridge) @ChefTomKerridge





Homemade BBQ lamb doner kebab

If you're not usually a fan of doner kebabs, I promise, this will change your mind. Once you've made this at home, it's sure to become a build-your-own family favourite, like fajitas or tacos. I've gone for the full 'fakeaway' experience, and paired the lamb with classic accompaniments. Crumbled feta or barbecued halloumi would also work well as a vegetarian filling.

SERVES 8 **PREP 30 mins plus**
overnight chilling **COOK 2 hrs**
MORE EFFORT

500g lamb mince
500g diced lamb leg
4 tsp ground cumin
4 tsp smoked paprika
1 tbsp onion powder
½ tsp chilli flakes
1 tbsp dried oregano
6 garlic cloves, roughly chopped
sunflower oil, for the foil wrap

To serve

8 pitta, khobez or naan breads, warmed
pickled green chillies
½ iceberg lettuce, shredded
2 tomatoes, sliced
1 white onion, finely sliced
oven chips, cooked following pack instructions

1 Tip the mince, diced lamb, the spices, garlic, 1 tsp freshly ground black pepper and 1 tsp salt into a large food processor. Blitz to a paste – the mixture should resemble pâté. Lightly oil a sheet of foil and lay it on a chopping board. Tip the meat mix onto the foil, and tightly roll up into a large, roughly 10cm-wide sausage. Twist the ends shut so they're sealed well, then chill for a few hours, or until firm. *Can be prepared up to a day ahead.*

2 Heat the oven to 160C/140C fan/gas 3. Put the foil-wrapped kebab in a roasting tin, then pour 100ml water around it. Bake for 1 hr 10 mins, turning occasionally, or until a meat thermometer inserted in the middle reads at least 65C. Remove from the tin and leave to cool, then transfer to the fridge and chill overnight.

3 Light a barbecue or heat a gas barbecue to medium (see tip, below). When the flames have died down and the coals are ashen, unwrap the kebab and push two large skewers through the middle. Sit the kebab directly on the grill, and close the lid, if the barbecue has one. Cook until heated through and well browned, turning occasionally – this will take about 30 mins.

4 Using a sharp knife, finely carve slices from the sides of the kebab. If you like, you can then return the rest of the kebab to the barbecue to brown further, or carve it all at once. Serve the meat on the flatbreads with the chillies, lettuce, tomatoes and onions in separate bowls for everyone to build their own wrap, plus the chips on the side.

GOOD TO KNOW gluten free

PER SERVING 259 kcals • fat 17g • saturates 7g • carbs 1g • sugars none • fibre 1g • protein 25g • salt 0.8g

gf tip

If you don't have a barbecue or the weather isn't permitting, you can griddle or pan-fry the meat to give it some colour. Or, simply reheat it, uncovered, in the oven at 180C/160C fan/gas 4 for 20 mins.

Cabbage & chilli slaw

Keep this chilled for a day or two and the cabbage will soften further to make a lighter version of kimchi.

SERVES 8 **PREP 5 mins plus**
30 mins draining **NO COOK**
EASY V

½ white cabbage, finely sliced
½ quantity smoky chilli sauce (see recipe, below)
½ lemon, juiced
8 spring onions, trimmed and finely sliced on an angle

1 Toss the cabbage in a bowl with ½ tsp salt. Set aside for 30 mins, then rinse under cold running water. Leave to dry in a colander.

2 Return the cabbage to the bowl and toss with the chilli sauce, lemon juice and spring onions. *Will keep in the fridge for up to two days.*

GOOD TO KNOW vegan • low fat • vit c • gluten free

PER SERVING 32 kcals • fat 2g • saturates none • carbs 3g • sugars 2g • fibre 2g • protein 1g • salt 0.2g

Smoky chilli sauce

SERVES 8 **PREP 10 mins**
COOK 30 mins **EASY V**

Remove the stems from **12 red chillies**, then tip onto a sheet of foil with **10 garlic cloves**, a **drizzle of olive oil**, a **pinch of caster sugar** and some salt. Lift the sides of the foil up and scrunch to close. Grill on the barbecue (or roast at 160C/140C fan/gas 3) for 30 mins until the garlic is soft. Tip into a large pestle and mortar or food processor with 1 tbsp olive oil, and crush or blitz to a chunky sauce. *Will keep in the fridge for up to two days.*

GOOD TO KNOW vegan • gluten free

PER SERVING 34 kcals • fat 3g • saturates none • carbs 2g • sugars 1g • fibre none • protein 1g • salt 0.1g

Easy garlic sauce

SERVES 8 **PREP 5 mins**
NO COOK **EASY V**

Crush **3 garlic cloves**. Combine with **150g Greek yogurt**, the **juice of 1 lemon**, **2 tbsp tahini** and a **handful of chopped mint**.

GOOD TO KNOW gluten free

PER SERVING 51 kcals • fat 4g • saturates 2g • carbs 1g • sugars 1g • fibre 1g • protein 2g • salt 0.03g

White chocolate, mascarpone & pistachio cheesecake

With a slightly sour tang, thanks to the addition of some yogurt, this is a cheesecake with a difference. The secret to baked cheesecake is patience – you need to let it cool in the oven to end up with the perfect texture. I often leave it in there overnight.

SERVES 12 **PREP 30 mins plus resting and cooling** **COOK 50 mins**
MORE EFFORT V

butter, for the tin
100g white chocolate
200g digestive biscuits, crushed
For the cake
500g mascarpone
200g full-fat yogurt
3 eggs
100g caster sugar
1 lemon, zested, ½ juiced

½ tsp vanilla bean paste
50g shelled pistachios,
roughly chopped
1 tbsp icing sugar (optional)
mixed berries, to serve (optional)

1 Line the base of a deep 20cm springform cake tin with baking parchment and butter the base and sides. Melt the white chocolate in a large heatproof bowl set over a pan of just simmering water (ensure the bottom of the bowl doesn't touch the water). Alternatively, melt the chocolate in a microwave in short bursts. When the chocolate is completely smooth, stir in the biscuits and a small pinch of salt. Press into the base of the tin, all the way to the edges, ensuring the base is even. Put in the fridge to chill for at least 20 mins.

2 Heat the oven to 140C/120C fan/gas 1. Beat the mascarpone, yogurt, eggs, caster sugar, lemon zest and

juice and vanilla bean paste together with an electric whisk until smooth, then tip over the biscuit base. Transfer the tin to a baking tray and bake for 45 mins until almost set, with just a slight wobble in the middle. Turn the oven off with the cheesecake inside, and leave the door ajar. Leave the cheesecake to cool completely.

3 Once completely cool and set, loosen the sides and base of the tin with a knife, and carefully transfer the cheesecake to a serving plate. Scatter over the pistachios and dust with the icing sugar, then serve with the berries on the side.

PER SERVING 399 kcal • fat 28g • saturates 16g
carbs 28g • sugars 20g • fibre 1g • protein 7g • salt 0.4g





BUTTER OF EUROPE

FRENCH BUTTER, THE SECRET
TO MAKE THE DIFFERENCE

HOW BUTTER CHANGED THE WORLD OF SAUCE

*Given its evolution, high-quality French butter remains an
essential ingredient to elevate the taste of the sauce*



Whether you're smearing it on a toast or sautéing vegetables, butter is a vital ingredient used by celebrated chefs all over the world. More than 95% of chefs in France and Europe say that butter is essential for cooking and baking, especially for its flavour. Chef Maroun Chedid, star of MBC's Top Chef Middle East says "It elevates the flavour of any dish and adds finesse." For Chef Wenyuan Zhu, it's the secret to creating an amazing sauce. "Dairy butter is excellent when making a sauce: it helps the ingredients' flavours shine, bringing more aroma to the dish compared to vegetable alternatives," he says.

There is no doubt that butter makes almost everything taste better. From pan-fried fish to vegetables, it's a well-known fact that fat equals flavour, and there's no fat more versatile than butter. Fresh ingredients and presentation naturally play a huge role in any dish, but the important component is more often a great sauce. And to make a great sauce, you need real French dairy butter.

"To make a great sauce, you need real French dairy butter."



Michelin-starred Yannick Alléno, who revolutionised French cooking by developing new methods to create sauces, believes those early efforts should be likened to great masterpieces. "Sauces are very noble. They're like a monument or a Picasso: you can't touch them, you should preserve them like they are," he says. With his French heritage, Alléno wholeheartedly endorses dairy butter as a key ingredient, not only in sauces but as a staple in kitchens.



Nineteenth-century Chef Antonin Carême initially created the basic method, by which hundreds of sauces were classified under one of the five mother sauces. These mother sauces include white sauce, most commonly known as Béchamel, (named after Marquis Louis de Béchamel), the light stock and roux-based Velouté, and the brown stock-based Espagnole.

The two basic emulsified sauces, Hollandaise and Tomato Sauce (red sauce) complete the five sauces. Hollandaise is a rich creamy sauce that uses butter as its base, often served with eggs, vegetables or poultry. Flavoured with peppercorns, cayenne, lemon or vinegar, such is its popularity that it's often found on global breakfast menus served with eggs benedict.

One of the most classic butter sauces, however, remains Beurre blanc. Silky and undeniably buttery, it rose to popularity in the 1960s when French chefs favoured the tangy taste over roux-heavy sauces. This rich, creamy sauce, made from butter, shallots and white vinegar, pairs perfectly with fish, shellfish and vegetables. The preparation of beurre blanc requires small amounts of butter whisked into an acid reduction over low heat. Heavy cream or egg yolk can also be added to stabilise the emulsion.

Cutting the butter into cubes and keeping it refrigerated before cooking is an important part of the cooking process to avoid the sauce splitting. While it's light in texture, it should be buttery enough to cling to food. Like most sauces, the desired consistency should be thick enough to coat the back of a spoon.



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SWEET AND SUBLIME SQUASH

Rosie Birkett shares new ways to enjoy this versatile autumnal vegetable

The swollen sumptuousness of this season's squashes is a consolation prize for the end of summer. As soon as they start to appear in their glorious spectrum of colours and shapes, I'm stocking up. I love to nab some of the really gnarly interesting-looking ones – initially for decorative purposes and to mark the shift in the season – but they last well, and of course, I'll end up cooking and eating them eventually.

With so many varieties of gourd out there, it's easy to feel overwhelmed, and while I love the chestnuttness of red kuri, or the delicacy of gem or spaghetti squash (both great vehicles for shedloads of butter, cheese and black pepper), it's the dense, sweet richness of crown prince and butternut that I return to again and again. Either of these works beautifully in the recipes I've shared here.

If you're curious, or relatively new to different squash varieties, I recommend experimenting with a few kinds to find what you like. If you're growing your own, save seeds from this year's harvest to start off next year and share with your friends and family. Of course, you can also enjoy the blossoms, gorgeous stuffed with ricotta, battered and deep-fried, or torn into risottos or pasta dishes.

The following recipes have all been developed using butternut squash whose orange-coloured flesh is sweet and compact, pairing spectacularly well with the woody aroma of fried sage that infuses brown butter for a béchamel in the indulgent pasta bake, and working brilliantly, too, with savoury sausagemeat, juicy mushrooms and earthy greens.

One of the most famous examples of the heavenly marriage of sage butter and sweet, dense pumpkin is tortelli con zucca, or ravioli di zucca – a filled fresh pasta dish traditionally made in the Lombardy region of northern Italy, using the famous local Mantua

pumpkin. Named after the province in which it is grown, this thick-skinned veg is prized for its exceptional flavour with the turban-shaped zucca cappello da prete (priest's hat) variety being particularly cherished. It's even been recognised as a Prodotto Agroalimentare Tradizionale, a certificate awarded by the Italian government to protect its status as an agricultural treasure of the region. It's worth seeking out.

As well as pairing beautifully with fatty cheeses and rich dairy, I find it hard to resist coupling any squash with fiery chilli and ginger. While in no way authentically Indonesian, it has been partially influenced by the brilliant Australian-Indonesian chef Lara Lee, whose beautiful book *Coconut and Sambal* came out in May. Instant noodles with a quick-to-make sauce using chilli and peanut butter had long been a weeknight favourite of mine, and often, I would just add stir-fried broccoli or whatever vegetables I had. But after reading Lara's book, which sings with stories of her culinary heritage and travels across the Indonesian archipelago, I felt inspired to add tamarind sauce (something integral to her own peanut sauce) and fragrant kaffir lime leaves, which she uses along with peanuts in her utterly addictive rempeyek – crunchy crackers made with peanuts and rice flour. Lara's combination of distinctive citrusy flavours and earthy, fatty peanuts works wonderfully with squash. I implore you to seek out Lara's writing and recipes to feel similarly inspired.



Good Food contributing editor Rosie Birkett is a food writer and stylist, and a regular on BBC One's *Saturday Kitchen*. Her latest book, *The Joyful Home Cook*, is out now (HarperCollins).

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ALSO IN SEASON

apples ■ aubergines ■ broccoli ■ celeriac ■
chillies ■ leeks ■ oysters ■ parsnips ■ plums ■
runner beans ■ sweetcorn ■ swiss chard

Slow-roast squash & garlic lentils with harissa yogurt

SERVES 2-4 **PREP** 5 mins
plus at least 2 hrs soaking
COOK 55 mins **EASY** **V**

1 butternut squash, peeled,
deseeded and cut into 2cm slices
8 garlic cloves, skin on
4 small shallots, skin on
3 bay leaves
few thyme sprigs
50ml rapeseed oil
handful of chopped coriander

For the lentils
150g green or puy lentils
1 bay leaf
1 garlic clove
drizzle of olive oil

For the harissa yogurt
6 tbsp thick Greek yogurt
1 tbsp tahini
1-2 tbsp rose harissa

For the seeds
2 tbsp pumpkin seeds
1 tsp cumin seeds
½ tsp rapeseed oil

1 Soak the lentils for at least 2 hrs or overnight. Heat the oven to 180C/160C fan/gas 4. Mix the squash, garlic, shallots, bay, thyme, oil and a pinch of sea salt together in a roasting tin, cover with foil and roast for 45 mins. Remove the foil and roast for 10 mins more, until the veg is tender and caramelised at the edges. Remove from the oven and turn the heat up to 200C/180C fan/gas 6. Toss the pumpkin seeds with the cumin, oil and a pinch of salt, and roast for 5-6 mins.

2 Meanwhile, put the lentils in a pan with the bay, garlic and a pinch of salt. Cover with water, bring to the boil, then simmer for 20-25 mins. Drain and remove the bay and garlic. Toss with the oil and black pepper.

3 Combine the yogurt and tahini. Add the harissa to taste. Squeeze the roasted shallots and garlic out of their skins and stir through the lentils along with a drizzle of oil from the tin.

4 Serve the squash on the lentils, sprinkled with the coriander and seeds, and the yogurt on the side.

GOOD TO KNOW calcium • fibre • iron • 2 of 5-a-day • gluten free

PER SERVING 475 kcals • fat 28g • saturates 6g • carbs 33g • sugars 11g • fibre 10g • protein 18g • salt 0.3g



Roast squash with chilli & peanut noodles

SERVES 2 **PREP 20 mins**
COOK 30 mins **EASY** **V**

400g butternut squash (about ½ medium squash), peeled, deseeded and cut into 1 cm cubes
1 red chilli, sliced, plus extra to serve (optional)
drizzle of vegetable or sunflower oil
1 tsp grated ginger
pinch of white pepper
coriander leaves and lime wedges, to serve (optional)

For the peanut noodles

1 tbsp vegetable or sunflower oil
1 spring onion, finely chopped
1 red chilli, finely sliced
1 garlic clove, crushed
5 kaffir lime leaves, very finely sliced
4 tbsp peanut butter
1 tbsp soy sauce
2 tsp maple syrup or brown sugar
2 tsp tamarind paste
200g dried egg noodles

1 Heat the oven to 200C/180C fan/gas 6. Mix the squash and chilli in a roasting tin and toss with the oil, ginger and white pepper. Roast for 20-25 mins until the squash is tender.

2 Meanwhile, prepare the noodles. Heat the oil in a frying pan over a medium heat, then add the spring onion, chilli, garlic and kaffir lime leaves, stirring, until softened and starting to colour, about 5 mins. Reduce the heat to its lowest setting, then add the peanut butter, soy sauce, maple syrup, tamarind paste and 4-6 tbsp water. Stir until the peanut butter melts and you have a loose, creamy, well combined sauce. Remove from the heat and set aside. Cook the noodles following pack instructions. Drain and rinse in cold water.
3 Add the roasted squash to the pan with the peanut butter sauce and toss to combine, then stir in the noodles. Serve sprinkled with the coriander leaves, the extra chilli and lime wedges on the side for squeezing over, if you like.

GOOD TO KNOW fibre • vit c • iron

PER SERVING 668 kcals • fat 18g • saturates 4g • carbs 97g • sugars 16g • fibre 11g • protein 24g • salt 2.1g





Butternut squash, sausage, spinach & mushroom pasta bake

SERVES 4-6 **PREP** 20 mins
COOK 1 hr 10 mins **MORE EFFORT** ✨

1 tbsp white wine vinegar
2 tbsp olive oil, plus extra for the dish
1 butternut squash (about 900g), peeled, deseeded and cut into 2-3cm cubes
pinch of chilli flakes
6 sausages (about 400g)
50g unsalted butter
small bunch of sage (about 10 leaves)
50g plain flour
600ml whole milk, plus extra for topping up, if needed
½ nutmeg, grated
40g grated parmesan, plus extra to serve
1 tbsp Dijon mustard
400g fusilli
70g mushrooms, sliced
1 garlic clove, crushed

100g kale, chard or spinach, chopped
50g pumpkin seeds

1 Heat the oven to 200C/180C fan/gas 6. Whisk together the vinegar and half the oil. Put the squash in a roasting tin and toss with the dressing, the chilli and seasoning. Squeeze the sausagemeat out of the skins, roll into small meatballs (you should have about 35). Add to the tin and roast for 35-40 mins, turning halfway, until the squash is tender and the meatballs are caramelised.
2 Meanwhile, melt the butter in a saucepan over a medium heat, until bubbling. Add the sage and allow to sizzle for a few minutes, or until crisp. Remove using a slotted spoon and set aside on a plate lined with kitchen paper. By this point, the butter should have browned. Stir in the flour and cook for a few seconds, then gradually pour in the milk, whisking continuously until you have a smooth sauce, about 7-10 mins. Add the nutmeg and

some seasoning, stir in the parmesan until melted, then stir in the mustard.

3 Oil a medium-sized baking dish. Cook the pasta following pack instructions until al dente, then drain and run under cold running water. Heat the remaining oil in a pan over a medium heat and fry the mushrooms with a pinch of salt for a few minutes, until softened and caramelised. Add the garlic, then the greens, stirring until the greens wilt, then add to the white sauce along with the squash, pasta and half the fried sage, adding up to 50ml milk or water if it's too thick.
4 Pour into the baking dish, then add the meatballs. Scatter over the remaining sage, the pumpkin seeds, and grate over the extra parmesan. Roast for 25-30 mins, until golden and bubbling. Allow to settle for at least 10 mins before serving.

GOOD TO KNOW calcium • fibre • vit c
PER SERVING 799 kcals • fat 39g • saturates 15g • carbs 80g • sugars 13g • fibre 9g • protein 26g • salt 1.3g

HARVEST SHOWSTOPPER

Inspired by the allotment, this fragrant modern bake makes the most of the late-summer courgette crop

recipe SOPHIE GODWIN photograph MYLES NEW



Cookery assistant Sophie Godwin, who trained at Leiths, worked as a chef in Sheffield before she joined *Good Food*. She is passionate about cooking with the seasons and loves creating big sharing dishes. @sophonaplate

Courgette, lemon & thyme cake

SERVES 16-20

PREP 1 hr 30 mins
plus cooling

COOK 1 hr 5 mins

A CHALLENGE

Lemon and thyme is a classic combination – the citrus mellows the herb and enhances its sweetness. Adding courgette to the sponges keeps them light and stops them being dry, plus it's a lovely way to use up a glut.

The decorations are made from natural ingredients, so you can eat absolutely every last crumb of this extra-special version of a lemon drizzle loaf.

350g unsalted butter, softened at room temperature, plus extra for greasing

350g golden caster sugar

zest 2 unwaxed lemons

6 large eggs

400g self-raising flour

2 tsp baking powder

4 courgettes (about 600g), coarsely grated

2 tbsp chopped thyme leaves

For the icing

250g mascarpone

250g unsalted butter, softened at room temperature

zest 2 unwaxed lemons

900g icing sugar

For the crystallised thyme

50g golden caster sugar

12 thyme sprigs (use a combination of thinner and thicker sprigs)

1 egg white, lightly beaten

For the candied lemon slices

200g golden caster sugar

2 unwaxed lemons, thinly sliced into rounds

To decorate

gold paint and gold leaf (optional)

1 Start by making the decorations. For the crystallised thyme, put the sugar on a plate, brush the thyme with the egg white, then roll in the sugar. Shake off some of the excess, then leave the sprigs on a piece of baking parchment to dry out completely.

2 For the candied lemon slices, tip the sugar into a saucepan with 200ml water. Heat gently to dissolve the sugar, then bring the syrup to the boil. Drop in the lemon slices and cook for 15 mins until softened. Carefully remove the slices from the syrup and place on a piece of baking parchment to dry. (Lift them gently as they will be quite delicate, and you want to keep them in rounds if possible.) Keep the remaining syrup for brushing over the cake.

3 Heat oven to 180C/160 fan/gas 4. Grease and line the bases of two 20cm springform cake tins. Make the four sponges in two batches. To make the first batch, in a stand mixer or in a large bowl using an electric hand whisk, beat 175g butter with 175g sugar and the zest of 1 lemon until creamy. Gently beat three of the eggs together in a jug. Gradually add the egg to the mixture, scraping down the side and whisking well after each addition. In a separate bowl, mix together 200g self-raising flour, 1 tsp baking powder and a pinch of salt, and fold this into the cake mixture. Finally, stir in 300g courgette and 1 tbsp thyme leaves. Divide the mixture between the tins and bake for 25 mins or until a skewer inserted into the middle comes out clean.

4 While the sponges are still warm, prick all over with a skewer and brush over a little of the reserved lemon syrup. Once cool enough to handle, remove from the tins and place on a wire rack. Make and cook the second batch of cakes using the remaining ingredients – you can use the same baking parchment, just re-grease the parchment and the sides of the tins.

5 When the cakes are cool, make the icing. Whisk all the ingredients together with a pinch of salt until smooth and fluffy.

6 Using a cake turntable, if you have one, sandwich the cakes together with a little of the icing. Using a palette knife, spread a thin layer of icing all around the cake and chill for 30 mins to set. (This layer is known as a 'crumb coat' because it traps any loose crumbs on the surface of the cake – so when you put a second layer of icing on, the cake will be nice and smooth.) If you are short of time, put it in the freezer for 5 mins.

7 Once chilled, completely cover the cake in a second layer of icing to achieve a smooth finish. Stick the crystallised thyme and candied lemon slices over one side of the cake and top as if they are cascading.

8 Return the cake to the fridge or freezer until the icing has completely set. For extra shimmer, use a thin paintbrush to brush a little of the gold paint across the lemon slices for a burnished, autumnal effect, and dot pieces of gold leaf as you go, if you like.

PER SERVING (20) 681 kcal - fat 32g - saturates 20g - carbs 92g - sugars 76g - fibre 1g - protein 5g - salt 0.4g





family

SPOOKY TREATS

Halloween isn't just for the little ones. Get teens involved with making this ghoulish party spread

recipes LULU GRIMES *photographs* MIKE ENGLISH



Halloween slash cake

SERVES 16 **PREP** 45 mins plus cooling **COOK** 30 mins **EASY** **V**

140g unsalted butter, plus extra for the tin
 100ml grapeseed oil, or another flavourless oil
 200ml milk
 3 tbsp yogurt
 1 tsp vanilla extract
 2 large eggs, at room temperature
 250g light muscovado sugar
 250g plain flour
 3 tsp baking powder
 50g cocoa powder
 $\frac{3}{4}$ x 340g jar strawberry jam
 1 $\frac{1}{4}$ kg ready-to-roll white fondant icing
For the buttercream
 600g icing sugar, sifted, plus extra for dusting
 300g butter, softened
 red food colouring

1 Heat the oven to 180C/160C fan/gas 4. Butter and line the bases of two 20cm sandwich tins. Melt the butter in a pan, then remove from the heat and beat in the oil, milk, yogurt, vanilla and eggs. Whisk the dry ingredients together with a large pinch of salt, squishing any lumps of sugar with your fingers. Tip the wet ingredients into the dry, then whisk until smooth.

2 Divide the batter between the tins and bake for 25-30 mins on the same shelf of the oven until risen and a skewer inserted into the middle comes out clean. Leave to cool for 10 mins in the tins, then transfer to a rack to cool completely.

3 To make the buttercream, beat together the sugar, butter and a few drops of the red food colouring. Add 2-3 tbsp of boiling water if needed to soften the mixture, until you end up with a smooth, spreadable icing.

4 Trim the cakes flat if needed, then halve each through the middle using a large serrated knife. Put one cake layer on a board or plate, spread over a thin layer of the buttercream and dot over a third of the jam. Top with another cake layer and repeat with the buttercream, jam and cake, finishing with a layer of cake. Use most of the remaining buttercream to ice the cake all over, reserving a small amount.

5 Roll the fondant icing out on a surface dusted with icing sugar until large enough to cover the top and sides of the cake. Carefully lift it up onto the cake and smooth down to help it to stick. Use a sharp knife to cut slashes into the icing, then drizzle a little of the reserved buttercream mixed with some water into each to look like blood.

PER SERVING 844 kcal • fat 31g • saturates 16g • carbs 135g • sugars 121g • fibre 1g • protein 5g • salt 0.3g





Eyeball & hand fruit punch

It's essential that all the liquids in this punch are chilled so the hands don't melt too fast.

SERVES 14-15 **PREP** 10 mins plus overnight freezing **NO COOK**
EASY V

425g can lychees
225g jar cocktail cherries
15 raisins
1 litre carton blueberry, blackberry or purple grape juice, chilled
1 litre carton cherry or cranberry juice, chilled
1 litre sparkling water, chilled

You'll also need

2 pairs powder-free disposable gloves

1 Rinse the disposable gloves and fill each with water. Tie a knot in the top of each as you would a balloon, or use a tight bag clip to hold the opening closed. Freeze overnight.

2 Drain the lychees and cocktail cherries, reserving the juices in a jug. Push a raisin into one end of each cherry, then push the cherries into the lychees to make 'eyeballs'.

3 Tip all of the juices, plus the reserved lychee and cherry juices, into a large bowl with the 'eyeballs'. Carefully peel the gloves from the ice hands, add to the punch, then top up with the sparkling water.

GOOD TO KNOW vegan • low fat • vit c • gluten free
PER SERVING (15) 101 kcals • fat none • saturates none
• carbs 24g • sugars 24g • fibre 0.4g • protein 0.3g • salt 0.05g



Devilled eggs

You need to make these in good time, preferably a day ahead.

MAKES 24 halves **PREP** 20 mins plus at least 3 hrs soaking **COOK** 10 mins **EASY** **V**

12 eggs
red, orange, green or black food colouring, or a mixture
1-4 tbsp vinegar
3 tbsp mayonnaise, plus extra if the eggs are large
1 small red pepper, finely chopped
a few tarragon sprigs, finely chopped (optional)
paprika, for sprinkling

1 Put the eggs in a single layer in a pan and add enough water to cover them by 2cm. Bring to the boil, then cover, turn off the heat and leave for 12 mins. Drain, cool completely in very cold water, then drain again.

2 Put the different food colourings into separate bowls or containers that will hold the eggs, using 1 tsp food colouring per bowl, plus 700ml water and 1 tbsp of the vinegar each. Gently tap the eggs all over using a spoon or knife to crack the shells without removing them. Divide the cracked eggs between the bowls with the food colourings, submerge them in the liquid and leave to soak

for at least 3 hrs, or ideally overnight. If you can't submerge them fully, turn the eggs every hour so that they stain evenly.

3 Drain, rinse and peel the eggs, then halve them and pop the yolks into a bowl. Add the mayonnaise, adding a little more if you need to in order to create a slightly stiff paste, then mix in 3 tbsp of the chopped pepper and the tarragon, if using. Spoon the yolk mixture back into the whites, then sprinkle over the remaining pepper and the paprika.

PER HALF 88 kcals • fat 8g • saturates 1g • carbs 0.3g • sugars 0.3g • fibre none • protein 4g • salt 0.1g



Kiwi slime pies

MAKES 8 **PREP** 25 mins plus cooling
COOK 30 mins **EASY**

320g shop-bought ready-rolled shortcrust pastry
4 egg yolks, plus 1 egg white (freeze the remaining whites to make meringues another day)
400ml milk
35g golden caster sugar
1 heaped tbsp plain flour
5 cubes green jelly
2-3 green and golden kiwi fruit, peeled and sliced

1 Heat the oven to 190C/170C fan/gas 5. Divide the pastry into eight equal pieces. Roll each out until large enough to line deep 7-8cm fluted tartlet tins or eight holes of a large muffin tin. Line the tins with the pastry, leaving a little sticking up above the rims, then line with paper cases and baking beans. Put the tins on a baking tray and bake for 10 mins, then remove the paper and beans, brush with the egg white and bake for 5-10 mins more until crisp and golden. Leave to cool for 5 mins, then remove from the tins and leave to cool completely.

2 Put the milk in a pan and bring almost to the boil, then remove from the heat. Put the egg yolks, sugar and flour in a bowl and whisk with an electric whisk until pale and fluffy – it should leave a trail that stays on the surface momentarily when the whisk is lifted. Pour a third of the hot milk into the bowl, slowly whisking all the time, until it has all been mixed in. Whisk in the remaining milk.

3 Return the mixture to the pan, scraping it out using a rubber spatula. Bring slowly to the boil, stirring, until the custard is thick, smooth and glossy. At first, it will look a bit lumpy, but keep stirring and it will become smooth. Reduce the heat and simmer for 2 mins, stirring. Stir in the jelly until the cubes have dissolved. Leave the mixture to cool until just warm, then divide it between the baked tart cases. Top each with a slice of kiwi and leave to cool completely.

PER TART 305 kcal • fat 17g • saturates 7g • carbs 30g • sugars 13g • fibre 1g • protein 7g • salt 0.3g

Spooky surprise truffles

Not every truffle in this recipe has a flavour you might be expecting! You'll need cool hands to roll them, but they're fun to make with older children.

MAKES 20-25 **PREP** 20 mins plus 2 hrs chilling **COOK** 5 mins **EASY**

100ml double cream
200g dark chocolate, chopped into small pieces
5 capers, drained, rinsed and patted dry
5 small sour fizzy sweets
1 olive, cut into 5 pieces
cocoa powder or chocolate sprinkles, for rolling

1 Pour the cream into a pan and bring just to the boil. Put the chocolate in a large bowl, then pour over the hot cream. Stir until the mixture is smooth and all the chocolate has melted. Leave to cool, then transfer to the fridge and chill for 2 hrs, or until solid.

2 Scoop out a teaspoonful of the mixture, poke a caper, sweet or piece of olive into the centre and roll into a walnut-size ball with your hands. Repeat with the remaining fillings, then roll the remaining mixture into balls without any filling. Roll the truffles in cocoa or sprinkles. Chill until ready to serve.

PER TRUFFLE (25) 64 kcal • fat 5g • saturates 3g • carbs 5g • sugars 5g • fibre 0.2g • protein 1g • salt 0.1g





Halloween cheeseboard with creepy crackers

For an extra-spooky touch, cut the ends off the celery before and put in a jar with some red food colouring and water. The colouring will get sucked into the celery, giving it a 'bloody' look.

MAKES 30 **PREP 20** mins plus cooling **COOK 15** mins **EASY V**

selection of cheeses, including an orange one, blue-veined variety, white one, and if you can find it, a charcoal-coated cheese
figs, black grapes and celery, to serve

For the creepy crackers

2 tbsp olive oil
150g plain flour, plus extra for sprinkling
1 tsp sea salt flakes
1 tsp golden caster sugar
1 tbsp black sesame seeds, plus 1 tsp for sprinkling
black food colouring

1 Heat the oven to 220C/200C fan/gas 7. Mix the olive oil with 60ml water, then put in a bowl with the flour, salt, sugar, sesame seeds and a few drops of the food colouring. Mix with your hands until you have a rough dough. If too sticky, add a little more flour until it's smooth.

2 Sprinkle a non-stick baking mat or a sheet of baking parchment with some flour, roll the dough out to the thickness of a £1 coin, then use a pizza cutter or knife to cut it into skinny strips. Brush the strips with a little water and sprinkle with some salt and extra sesame seeds. Prick each strip with a fork.

3 Transfer the strips with the mat to a baking sheet, separating the strips with a palette knife, and bake for 12-15 mins, or until the crackers are firm and feel hard. Leave to cool. *Will keep in an airtight container for up to two weeks.* Arrange your selection of cheeses with the fruit and crackers on a serving board.

PER CRACKER 28 kcals • fat 1g • saturates 0.2g • carbs 4g • sugars 0.2g • fibre 0.2g • protein 1g • salt 0.2g

family

fun with food

Whether you have toddlers or teenagers, we've got something to keep youngsters of all ages busy in the kitchen this month

recipes CASSIE BEST *photographs* WILL HEAP





Rainbow spaghetti

Try making this as a sensory activity for babies and toddlers, or as a fun lunch. Serve with their favourite dressing and a salad.

SERVES 4 PREP 20 mins

COOK 12 mins EASY V

200g spaghetti
a mix of food colourings (we used red, yellow, green and blue)

To serve (optional)
salad dressing or melted butter
50g cheddar, grated
mixed salad leaves and veg

1 Cook the spaghetti following pack instructions. Drain, then divide between bowls, based on the number of colours you'd like to use (we made five colours). Add a drop of food colouring to each bowl, or combine two colours (such as red and yellow to make orange). Mix well, adding a splash of water to help the colour disperse, if needed. Leave for 5 mins, then rinse the spaghetti under cold running water to set the colour.

2 If you want to use the spaghetti as a sensory activity only, tip it into a large tray or plastic bowl and let

your little ones dive in. If you like, add ice cubes, or give older toddlers (aged two to four) safety scissors to practise their cutting skills.

3 If you're serving the spaghetti, toss with some salad dressing or melted butter, then top with a little grated cheese and a salad of mixed leaves and vegetables.

GOOD TO KNOW 1 of 5-a-day
PER SERVING 268 kcals • fat 8g • saturates 5g •
carbs 38g • sugars 2g • fibre 3g • protein 10g •
salt 0.3g

Crumpet pizzas

Help younger children make this easy lunch, or let older kids do it themselves. Use whatever veg you have in the fridge for the toppings.

MAKES 6 **PREP 20 mins**
COOK 10 mins **EASY V**

6 crumpets
4 tbsp passata
1 tbsp ketchup
½ tsp dried oregano
toppings of your choice (peppers, cherry tomatoes, red onion, sweetcorn, olives, ham and basil all work well)
75g cheddar cheese, grated

1 Heat the grill to high. Lightly toast the crumpets in a toaster or under the grill. Meanwhile, mix the passata, ketchup and oregano together in a bowl. Season. Chop your chosen toppings into small pieces – young children can tear basil, or chop soft veg in a cup using safety scissors.

2 Line a baking tray with foil. Spread the sauce over the crumpets, then top with the veg and cheese. Arrange on the tray and grill for 3-4 mins, until the cheese is golden and bubbling. Leave to cool slightly before eating.

PER SERVING 145 kcals • fat 5g • saturates 3g • carbs 18g • sugars 2g • fibre 1g • protein 6g • salt 1.3g

Five-ingredient flourless brownies

This is a simple recipe for a novice baker to try. Serve the brownies warm with ice cream, or cut into squares and store in a cake tin for afternoon treats.

CUTS into 16 **PREP** 20 mins
COOK 30 mins **EASY** V *

200g butter, chopped, plus extra for the tin
250g dark chocolate (at least 70% cocoa solids), broken into small pieces
225g caster sugar
3 eggs
100g ground almonds

1 Heat the oven to 180C/160C fan/gas 4. Butter a 4cm-deep, 20 x 20cm square cake tin and line with baking parchment. Melt 200g of the chocolate together with the butter in a large heatproof bowl set over a pan of just simmering water (ensure the bottom of the bowl doesn't touch the water), stirring occasionally. Remove from the heat and leave to cool for 10 mins.

2 Meanwhile, whisk the sugar, eggs and a pinch of salt together in a large bowl until pale and foamy – it should look like a frothy milkshake. This will take 2-3 mins with an electric whisk, or about 5-8 mins with a balloon whisk. Pour in the butter and chocolate mixture along with the almonds, then fold everything together until there are no streaks of chocolate. Tip the mixture into the tin, scatter over the rest of the chocolate, and bake for 25 mins, until cooked with a slight wobble in the middle.

3 Leave to cool for 10 mins, then scoop into bowls and serve warm for a pudding. Alternatively, leave to cool completely in the tin, then cut into squares and store in an airtight tin. *Will keep for up to five days.*

GOOD TO KNOW g gluten free

PER SERVING 292 kcals • fat 21g • saturates 11g • carbs 20g • sugars 18g • fibre 2g • protein 4g • salt 0.3g

MORE FUN ACTIVITIES TO TRY WITH YOUNG CHILDREN

● **Set toy dinosaurs or small figures in jelly** and help kids 'excavate' them with a spoon. Make sure young children always do this under adult supervision to prevent choking risks.

● **Make pasta necklaces and bracelets together** to develop kids' fine motor skills.

● **Use different vegetables to make prints** with poster paints, then turn them into homemade cards or wrapping paper.

● **Practise washing the dishes.** Fill a large container with water and washing-up liquid, and fill it with plastic plates or food boxes and coloured sponges. Stick it in the garden, and let them have fun with it.





Apple 'doughnuts'

Kids will love helping to make, decorate and eat these fruity treats, with no cooking required.

MAKES 15 **PREP 20 mins**
NO COOK EASY V

150g soft cheese
2 tsp honey
3 apples (use a crunchy eating variety)
3-4 tbsp almond or peanut butter (optional)
coloured sprinkles, to decorate

1 Mix the soft cheese with the honey and set aside. Peel the apples, then slice each through the core into five or six rings, about 1cm thick. Use an apple corer or small round biscuit cutter to stamp out a circle from the middle of each slice, removing the core and creating 'doughnut' shapes. Pat the slices dry using kitchen paper – they should be as dry as possible to help the toppings stick.

2 Spread some nut butter over the slices, if using, then top with the sweetened soft cheese. Decorate with the sprinkles and serve.

PER SERVING 64 kcals • fat 4g • saturates 2g • carbs 5g • sugars 4g • fibre 1g • protein 2g • salt 0.1g



Rainbow fruit lollies

If you want a more vivid colour, add a drop of food colouring to the fruit mixes.

SERVES 6 **PREP** 20 mins plus overnight freezing **NO COOK**
EASY **V** *****

100g mango, peeled, stoned and chopped
2 bananas
400g yogurt
2 kiwi fruit, peeled and roughly chopped
100g frozen raspberries
100g frozen blackberries

1 Blitz the mango with $\frac{1}{2}$ banana and 100g yogurt in a blender until smooth. Divide between six ice lolly moulds and insert a stick into each. Hold each stick upright in the mould, and secure on both sides with tape. Freeze for 1 hr until set.
2 Repeat with another $\frac{1}{2}$ banana, 100g more yogurt and the kiwi fruit, and pour that over the mango layer. Freeze for another 1 hr until set. Repeat with the raspberries, then the blackberries, freezing each layer before topping with the next. Cover and freeze the lollies overnight. Run under warm water to remove from the moulds. *Will keep in the freezer for up to two months.*

GOOD TO KNOW low fat • vit c • 1 of 5-a-day • gluten free

PER SERVING 113 kcal • fat 2g • saturates 1g • carbs 17g • sugars 16g • fibre 3g • protein 5g • salt 0.1g

CHEESE OF EUROPE

ANYTIME, ANYWHERE, ANYHOW

Rendez-Vous with the cheeses of France

Le Comté



BREAKFAST

Make a savoury breakfast with sunny side eggs and sliced Turkey ham topped with grated Comté.

SNACK

For a snack, try Comté with walnut bread, which pairs beautifully with the hazelnut notes of the Comté.

AFTER DINNER

Try ending your dinner on a sweet note by pairing Comté with dried apricots.

CROQUE-MADAME

Looking for a quick on-the-go meal? Switch up your regular cheese with sliced or grated Comté for a unique savoury sandwich!

CHEESE BOARD

For a rustic cheese board, serve Comté with whole roasted garlic, toasted hazelnuts sprinkled with sea salt, rosemary sprigs and cold cuts.

health

Delicious recipes and top tips for staying in shape



healthy eating
■ wholesome lunches, page 60

Wholesome lunches

It can be hard to come up with new and interesting healthy lunches seven days a week, so try these ideas, which are nutritious and easy to make

recipes SARA BUENFELD *photographs* MIKE ENGLISH



Lentil salad with tahini dressing, p62



Herby fish fingers with Chinese-style rice, p62

Lentil salad with tahini dressing

Ginger and lemon zest add some zing to this dish. Ginger helps relieve swelling and joint pain, while pumpkin seeds add crunch and provide zinc for healthy skin.



SERVES 4 **PREP 15 mins**
COOK 20 mins **EASY** **V**

2 tbsp cold-pressed rapeseed oil
320g sweet potatoes, cut into small dice
2 large carrots (around 320g), cut into matchsticks
2 large courgettes (around 375g), cut into chunks
2 medium red onions, halved and sliced
1 tsp cumin seeds
2 tbsp finely chopped ginger
2 tbsp pumpkin seeds
2 x 390g cans green lentils, drained
2 tsp vegetable bouillon powder
1 lemon, zested
handful of mint and parsley, roughly chopped
2½-3 tbsp tahini
1 garlic clove, finely grated
2 x 120g pot bio yogurt
pinch of smoked paprika (optional)

1 Heat the oil in a large non-stick wok or frying pan. Tip in the sweet potatoes and fry for 5 mins, stirring, until starting to soften. (If browning too quickly, cover with a lid.) Add the carrots, courgettes, onions, cumin and ginger. Cook over a high heat, stirring frequently, until the veg is tender but retains some bite. Stir in the seeds towards the end to cook for a couple of minutes. Remove from the heat, then stir in the lentils, bouillon powder, lemon zest, mint and parsley.

2 Mix the tahini, garlic, yogurt and 1 tbsp water together to make a dressing. Spoon the lentil salad into bowls or containers and top with the dressing and paprika, if using. *Serve straightaway or keep in the fridge for up to two days.*

GOOD TO KNOW healthy • low cal • calcium • folate • fibre • vit c • iron • 4 of 5-a-day • gluten free
PER SERVING 460 kcals • fat 21g • saturates 4g • carbs 42g • sugars 23g • fibre 12g • protein 18g • salt 0.4g

Herby fish fingers with Chinese-style rice

This dish is great for using up ingredients from the week, and as it supplies a good balance of carbs and protein, it makes the ideal choice after exercising.



SERVES 2 **PREP 10 mins**
COOK 35 mins **EASY**

100g brown basmati rice
160g frozen peas
50g French beans, cut into pieces about 1 cm
3 spring onions, finely chopped
½ tsp dried chilli flakes
large handful of coriander, roughly chopped
2 tsp tamari
few drops of sesame oil
1 tbsp cold-pressed rapeseed oil
2 large eggs
280g pack of 2 skinless cod loins, cut into 8 chunky strips (4 per loin)

1 Boil the rice in a pan of water for 25 mins, adding the peas and beans for the last 6 mins. Drain, then tip back into the pan and stir in the spring onions, chilli flakes, all but 1 tbsp chopped coriander, the tamari and sesame oil. Cover.

2 Meanwhile, heat the rapeseed oil in a large non-stick pan. Beat the eggs in a bowl with the remaining coriander. Dip the fish strips in the egg, then fry in the oil for a couple of minutes on each side until golden. Remove from the pan and tip in the rice with any remaining egg and give it a quick stir. Serve the Chinese-style rice in bowls with the fish on top.

GOOD TO KNOW healthy • low cal • folate • fibre • iron • 1 of 5-a-day • gluten free
PER SERVING 487 kcals • fat 14g • saturates 2g • carbs 47g • sugars 7g • fibre 7g • protein 40g • salt 1.1g



Chickpea soup with gremolata

Loosely based on hummus, this soup comes with added spice. Cumin reduces inflammation and helps protect the cardiovascular system.



SERVES 4 **PREP 15 mins**
COOK 30 mins **EASY** **V**

2 tbsp cold-pressed rapeseed oil
3 medium onions (340g), chopped
3 x 400g cans chickpeas, drained
3 large garlic cloves, finely grated
1 red chilli, deseeded and chopped
2 tsp ground coriander
1 tsp cumin seeds
4 tsp vegetable bouillon powder
1 large aubergine (350g), finely sliced
2 tbsp tahini
210g can chickpeas, drained
100g cherry tomatoes, cut into quarters
1 lemon, zested and ½ juiced
15g parsley, finely chopped
3 tbsp chopped mint leaves
smoked paprika, to serve (optional)

1 Heat 1 tbsp of the oil in a large pan and fry the onions for 10 mins to soften, trying not to let them colour. Tip the 3 cans of chickpeas into the pan and stir in 2 of the grated garlic cloves, the chilli, coriander and cumin, along with the bouillon powder, aubergine and 1½ cans of water. Cover and simmer for about 15-20 mins until the aubergine is tender, then remove from the heat. Add the tahini and blitz with a hand blender until smooth.

2 Meanwhile, tip the small can of chickpeas into a bowl with the tomatoes, lemon zest and juice, parsley and mint, and the remaining oil and garlic. Toss together.

3 Serve the soup in bowls with the gremolata on top and a sprinkling of paprika, if you like. *The soup and gremolata will keep, separately, in the fridge for up to two days. Leave the soup to cool completely first. Reheat thoroughly in a pan or microwave.*

GOOD TO KNOW healthy • low cal • calcium • folate • fibre • vit c • iron • 4 of 5-a-day • gluten free

PER SERVING 470 kcals • fat 19g • saturates 2g • carbs 45g • sugars 10g • fibre 18g • protein 21g • salt 0.2g



Salmon salad with sesame dressing

We recommend using wild salmon rather than farmed, as it has firmer flesh, a darker colour, a stronger taste, and contains less saturated fat. It's an ideal partner for the hot and zingy flavours in the dressing.



SERVES 2 **PREP 7 mins**
COOK 16 mins **EASY**

250g new potatoes, sliced
160g French beans, trimmed
2 wild salmon steaks
4 small clementines, 3 sliced (along the cross-section) and 1 juiced
80g bag salad leaves
handful each of basil and coriander leaves, half chopped, the rest whole

For the dressing
2 tsp sesame oil
2 tsp tamari

½ lemon, juiced
1 red chilli, deseeded and chopped
¼ small onion, finely chopped

1 Cook the potatoes and beans in a steamer over a pan of boiling water for 8 mins. Top with the salmon and steam for a further 6-8 mins until the salmon flakes.
2 Meanwhile, mix the dressing ingredients with the clementine juice. Pile the salad leaves onto plates, then the warm potatoes, beans and clementine slices. Top with the salmon, scatter over the herbs and spoon over the dressing. If you want leftovers for lunch the next day, cool the beans, potatoes and salmon before putting in containers. *Will keep covered in the fridge for up to two days.*

GOOD TO KNOW healthy • low cal • folate • fibre • vit c • omega-3 • 3 of 5-a-day • gluten free
PER SERVING 478 kcals • fat 22g • saturates 4g • carbs 35g • sugars 17g • fibre 9g • protein 30g • salt 1g



Quinoa salad with avocado dressing

Supplying twice the protein of the equivalent portion of rice and energising B vitamins, quinoa adds a nutritious punch to this easy-to-put-together salad.



SERVES 2 **PREP 10 mins**
COOK 18 mins **EASY** **V**

75g quinoa
1 avocado, halved and stoned
1 small or ½ large garlic clove, finely grated
½ tsp mustard powder
1 lemon, juiced and ½ zested
198g can sweetcorn, drained
160g cherry tomatoes, halved
2 x 5cm chunks cucumber, chopped
2 spring onions, finely sliced
2 tbsp chopped mint
2 tbsp pumpkin seeds
100g cooked chicken

1 Tip the quinoa into a pan of boiling water and simmer for about 18 mins until the grains burst. Pour into a sieve, rinse with cold water and drain well.
2 Meanwhile, scoop the avocado into a bowl with the garlic, mustard and 2 tbsp lemon juice, then blitz with a hand blender or in a food processor until smooth like a mayonnaise. Add 1-2 tbsp cold water to loosen if it's too thick.
3 Add the lemon zest to the quinoa along with the sweetcorn, tomatoes, cucumber, spring onions, mint and pumpkin seeds. Squeeze over more lemon juice and stir. Top with the chicken and avocado mayo.

GOOD TO KNOW healthy • folate • fibre • vit c • iron • 4 of 5-a-day • gluten free
PER SERVING 507 kcals • fat 23g • saturates 4g • carbs 40g • sugars 12g • fibre 11g • protein 30g • salt 0.1g

GOURMET LIFESTYLE

*THE SUITE LIFE
RENAISSANCE
DOWNTOWN
HOTEL* p68



SIMPLY KITCHEN EVENT, p66



EXCLUSIVE EVENT

Simply Kitchen hosted an in-store event in collaboration with BBC Good Food ME last month. Here's a peek at all the fun and action on the day

Speciality retailer of kitchenware, crockery and bakeware products, Simply Kitchen, officially opened its latest store in Mall of the Emirates last month. Visitors perused the collection and shopped the extensive range on offer, finally walking away with a fabulous goodie bag! Food blogger and photographer Diana (@busyavocado) also demonstrated quick, nutritious recipes at the event, offering cooking tips for shoppers to try at home.



www.europeanrice.eu



European Rice

Rice to the top!

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Part of the culture and tradition of many civilizations, rice is a healthy suggestion for a wide range of delicious meals from around the world.

European Rice is produced following certified procedures, complying with the strict European regulations which respect the environment and protect the producer's and consumer's health.

In Greece, rice fields are situated mainly in Northern Greece at the river deltas and coastal areas. The brackish soil and the warm climate that characterizes the area create the conditions for high yields and the production of excellent quality rice, distinguished for its **stickiness, aroma, texture and flavor**. Moreover, the European Rice is not genetically modified.

European rice produced in Greece is the perfect base for almost any meal and can even be the star of your dinner. It is safe, delicious and affordable.

Transform the simple ingredient that's almost always in your pantry into a delicious meal: from creamy chicken with rice to fried rice or homemade risotto!



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THE SUITE LIFE

Renaissance Downtown Hotel, Dubai, centrally located near Burj Khalifa, proves to be a perfect escape from the daily grind

Nestled in the business district of Dubai, the inviting Renaissance Downtown Hotel's contemporary-styled lobby showcases an artsy vibe, chic furniture and an eye-catching piece suspended from the ceiling. This city stay offers lavish comforts coupled with an incredible selection of restaurants, from casual to fine dining. Check-in is effortless, with safety measures such as plexiglass at the reception desks.

ACCOMMODATION

The spacious Corner Suite lends a calming vibe with floor-to-ceiling windows that offer city views and ample natural light, accompanied by soothing tones of beige, solid wood finish and accents of bronze metal and golds. You arrive into the wardrobe area and walk further into the sprawling space that features a comfy sofa, coffee and tea making facilities, and a plush bed that you will want to jump into right away. The hotel's modern interior

scheme is noticeable in the wall-mounted flamingo fixture, that adds playfulness to the room. Amouage toiletries add a refined touch, with complimentary bath salts for those who want to soak the day's stress away at the freestanding bathtub.

Suites are cleaned and sanitized often, with a sticker to seal and secure the door, so that you're the first one in. To make your stay as stress-free as possible, guests are provided a hygiene kit containing masks, antibacterial wipes and hand sanitizer. In addition to this, the TV remote is also sanitized and placed in a special case, highlighting hygiene measures and careful attention to every little detail.

CULINARY OFFERINGS

Basta! can be accessed from the lobby at the ground floor, and it's worth a pit-stop. The open-kitchen layout lets you in on all the action behind the scenes, but apart from the leisurely vibe, it's a great spot for their antipasti deal at AED 79. The special



menu features a number of dishes, including the margherita pizza that we had to test, upon noticing their gigantic pizza oven. The crust was well-balanced between chewy and crusty and paired perfectly with the two drink offerings per person.

If you're looking to impress a loved one, or in the mood for a more substantial meal, go light on nibbles at Aperitivo hour and save space for dinner at the renowned *Bleu Blanc* by David Myers. Inspired by the chef's family's farmhouse in the south of France, a rustic blue door offers access to an elevator that takes you directly to the restaurant. The spacious venue features a rustic Provençal theme, semi-open kitchen and wood-fired oven, with a wall of wooden spoons adding an amusing element along the walkway, as you head out to the terrace.

As per the chef's recommendation, we went along with his curated menu, highlighting the restaurant's signature specials. An amuse-bouche of croqueta with smoked aioli arrived first, followed by a unique deconstructed Caesars salad with a piece of well-dressed romaine lettuce topped with thinly sliced toasted baguette and grilled shrimp, adding an extra dimension to the dish. The wagyu tartare that trailed was tender and presented with a poached egg yolk, which is a highly welcomed modification for texture, coating the meat perfectly.

Our round of appetizers ended with plump, seared scallop complemented by a moreish corn veloute.

For mains, the charred king prawn impressed, dressed in a simple chilli herb oil. The juicy crustacean had the best charring I've ever seen, and the oil drizzled over the prawns managed to seep through to the flesh, making every mouthful flavoursome. The extremely juicy corn-fed baby chicken is a must too. To end the meal, we were served two desserts: an indulgent baked chocolate ganache topped with macadamia ice cream and caramel popcorn, and the vanilla pot de crème - their take on the crème brûlée - with salted caramel at the bottom instead of the torched caramel you usually crack open at the top of the pudding.

Due to Covid restrictions, breakfast at *Basta!* is served to the table with a choice of Continental, Arabic, and English options; eggs; and homemade granola. The poached eggs were cooked to my liking, served with sausage, bacon and a crisp hash brown, making it a great start for a day by the pool.

THE SIX SENSES SPA

A palette of neutral-hues and sand tones make up the spa, which features six treatment rooms with a unique experience inspired by a sense - intuition, sound, sight, smell, taste and touch.

I experienced the Smell treatment room where my 60-minutes

treatment began with a singing bowl to calm the mind and body while promoting positive healing vibes. After months of working from home and tucking into almost anything edible in sight, I figured my body was in dire need of the Detox treatment, to release toxins from the body through lymphatic activation.

The therapist began by dry brushing the entire body to kickstart blood circulation and followed with a gentle smear of aromatic lemongrass oil. The massage focuses on the quadriceps and hamstrings, where silicone cup tapping is conducted. It concludes with pressure applied to your abdomen area, to halt blood circulation for a few seconds. When released, it sends sudden heat waves from your hips to the toes.

Warm ginger tea with dry apricots and dates were served after the treatment, to gradually awake the senses. By the end of the massage, I felt incredibly relaxed and rejuvenated, I couldn't wait to head back to the room for a restful snooze.

BOOK NOW

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COMPETITIONS

Fabulous prizes, from dining vouchers to gourmet goodies, up for grabs.



WIN!

SIMPLY KITCHEN GIFT VOUCHER WORTH AED500

Simply Kitchen is your one-stop shop for seasonal and on-trend tableware, cooking utensils, food storage solutions and retro-inspired collections including electricals. If you're a cooking enthusiast, or just love

pretty bakeware, you will enjoy the wide range here. One lucky winner can shop at the newly opened Mall of the Emirates store that offers everything you need for your kitchen.



WIN!

A HALLOWEEN HAMPER FROM MARKS & SPENCER, WORTH AED500

Spooky season is here and to celebrate, we have teamed up with Marks & Spencer to offer one lucky reader a bespoke hamper worth AED 500. In stores today, the Halloween range

includes show-stopping dinner table centrepieces, as well as plenty of treats like gruesome Chocolate Severed Fingers and cheesy Vampire Fangs. You can also find sharing treat boxes this Halloween, including Fruity Gruesome Sweets with jelly brains, bones and hearts.



WIN!

TRADITIONAL ROAST DINNER FOR FOUR AT MCGETTIGAN'S, WORTH OVER AED500

Is there anything better than a traditional roast dinner with trimmings? Get together with friends and experience the famous McGettigan's roast for four, with your choice of grape to

accompany. Round up the gang and claim your prize at McGettigan's JLT or Souk Madinat for a hearty roast like no other – Irish style. The roast dinner is available every Saturday and Sunday.



WIN!

KIBSONS VOUCHER WORTH AED500

As the new school term is well underway, chances are you're busy prepping lunch boxes for your little ones and trying to keep them as nutritious and tasty as possible. Never an easy feat, however with Kibsons on hand, you have an extensive range of affordable, healthy snacks to choose from. Kibsons pride themselves on making wholesome food options conveniently available to UAE families at an affordable price. Their vision is to make 'healthy eating easy' and only sell products that they would happily feed their own family. They also believe that their point of difference is ethical, sustainable and responsibly sourced and they strive to bring healthier, safer, clean-label and eco-friendly products to the community.



WIN!

A STAYCATION FOR TWO, COURTESY OF THE ENTERTAINER, WORTH OVER AED1,000

The ENTERTAINER is the leading lifestyle savings app packed with thousands of offers on all the things you love, from well-known dining, leisure and entertainment outlets to beauty and hotel brands across the Middle East, Asia, Africa and Europe. One lucky winner can enjoy a one-night staycation for two at the stunning Sea View Room at Andaz the Palm Dubai. The stay is inclusive of breakfast and makes for a great escape from the bustling city.



To be in with a chance of winning these prizes, visit our competitions page on www.bbcgoodfoodme.com, or simply scan this QR code with your mobile to directly to the website.

*Terms & conditions apply. Employees of CPI Media Group and entrants below 21 years old are not eligible to enter. Winners will be selected on random basis from correct entries.



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BIG ROSS'S BINGO!

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